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THE WORLD'S JUST NOT THAT INTO ROB FORD

TORONTO'S REPUTATION HASN'T BEEN SULLIED BY CRACKGATE, A MEDIA EXPERT SAYS PAGE 4

D.C. looking to get back to business

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Populist policy promises

The PM's throne speech courts voters with proposed measures addressing balanced-budget legislation, interprovincial booze and prison sentences PAGE 23

It's our city, we'll dance if we want to

Uma Nota aims to break through T.O.'s unimpressed crowds with a dance party PAGE 31

Unpaid interns have few protections

Policy under review. Young workers aren't covered under health and safety laws, March briefing note warned labour ministry

Ontario's labour ministry has been warned that holes in provincial labour law leave young workers particularly vulnerable, Torstar News Service has learned.

Unpaid interns aren't protected by health and safety laws. Apprentices may not be fully protected by the Employment Standards Act. And many unpaid "internships" could be downright illegal.

According to a confidential internal ministerial briefing note obtained by Torstar News Service, the Occupational Health and Safety Act — the "cornerstone legislation" for workplace health and safety — may not apply to workers if they don't get a paycheque.

That especially affects those who are part of the growing phenomenon of unpaid interns.

"The Occupational Health and Safety Act (OHSA) defines 'worker' as a person who performs work or supplies services for monetary compensation. This definition would exclude unpaid interns (students, trainees, volunteers) from OHSA coverage," states the briefing to the minister's office dated March 27.

"Although the rights conferred upon workers by the OHSA do not apply to unpaid interns, these individuals would still have the benefit of a safe workplace where the employer complies with its duties under the OHSA."

That aspect of the law is now being reconsidered, said Labour Minister Yasir Naqvi. No specific timeline was available for the policy review.

"We are currently looking at bringing co-op students under the Occupational Health and Safety Act to ensure they have all the same rights and protections as all other workers," he said.

Interns, trainees and co-op students are referred to interchangeably by the ministry, but those terms generally refer to people who do work for free as part of a college or university program. Unpaid interns are legal in Ontario through certain exemptions in the Employment Standards Act, which sets out the minimum wage, vacation pay and hours of work, among other protections.

The exemption allowing students to work without pay is not being reconsidered because students receive a course credit instead of money, Naqvi said.

Naqvi said he had not seen the memo, which was prepared for the Ministry of Labour and included internal records relating to unpaid interns from July 1, 2012, to June 30, 2013.

Many students have reported doing menial labour as part of their college internship, and critics have called on the government to close the loophole.

TORSTAR NEWS SERVICE

Getting caught in the loopholes

"When you talk about an intern or a young worker ... not covered by the Occupational Health and Safety Act, it means the employer doesn't even have to tell them they have the right to refuse unsafe work. That's a huge flaw in the system." Ontario Federation of Labour president Sid Ryan

MORE COVERAGE AT METRONEWS.CA

HOW TO GROW A BUSINESS

Skye Vandenberg and Phil Collins harvest vegetables and pumpkins from their area at the Black Creek community farm on Wednesday. Residents of Jane and Finch can grow their own vegetables and sell them at farmers' markets through a new program started last summer. The farm is an eight-acre plot that teaches local residents the business of farming, from seeds to sales. Story, page 6. DAVID COOPER/ TORSTAR NEWS SERVICE

..... Sorry, using wireless in the U.S. .... SO SLOW

A new study finds network speed in Canadian cities is faster than in America PAGE 27

Death by buzzsaw to the crotch

No one writes a kill scene like Stephen King. Metro rounds up the best (worst?) of them all, from The Running Man to Maximum Overdrive PAGE 36

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More tolls and taxes?

Drivers carry most of roads' costs: Study

As the province continues to debate tolling and taxing drivers to pay for new Toronto region transit and roads, the Conference Board of Canada has found that motorists are already paying plenty to use the pavement.

Across the province, drivers generate between 70 to 90 per cent of the cost of maintaining, building and policing Ontario's roads, according to the research released Thursday.

In the Toronto region, it's more like 137 per cent. About 40 per cent of vehicles registered in Ontario are in the Greater Toronto-Hamilton Area, said Vijay Gill, who co-authored the study, commissioned by the Canadian Automobile Association (CAA).

Researchers found Toronto-area drivers paid about $3.7 billion in fuel excise taxes, licensing fees, fines and other expenses, compared with $2.7 billion that governments spent on building, policing and maintaining the region's roads.

The CAA supports HOT (high occupancy toll) lanes, but there's been talk of broader tolling in Ontario, and a five-cents-a-litre gas tax is also on the table.

TORSTAR NEWS SERVICE

Doing repair work in Toronto.
JACK LAKEY/TORSTAR NEWS SERVICE

Band councillors from the Chippewas of the Thames First Nation hold up a Two Row Wampum Belt in Toronto on Wednesday during a hearing by the National Energy Board into Enbridge's application to reverse the 9B pipeline. CHRIS YOUNG/THE CANADIAN PRESS

City knocks Enbridge's plans for oil pipeline

Line 9B. Public hearings on proposal began in Toronto, with most opposing or calling for tight conditions on pipeline

Toronto still has concerns with the safety of Enbridge's plans for its pipeline 9B, despite months of back-and-forth as the company's application made its way through the federal regulatory process.

In final arguments in Toronto before the National Energy Board Wednesday, the city proposed 13 conditions it wants the regulator to impose should it approve the project.

Enbridge wants to increase the pipeline's capacity from the current 240,000 barrels per day to 300,000 and reverse its flow from westbound to eastbound, allowing it to transport, in part, heavy crude from Alberta's oil sands to refineries in Quebec.

Graham Rempe, a lawyer with Toronto's legal department, said there is a bit of a "one size fits all" approach to emergency preparedness that worries municipalities, which would likely be first responders in the event of a spill from the 38-year-old pipeline.

Enbridge estimates its response time for crews to arrive at 1.5 to four hours, depending on the location along the 639-kilometre line. Staff can also shut off the pipeline remotely from a control centre.

Rempe described a USB key containing emergency information that Enbridge provided the city, which included maps lacking detail responders would need and a "very generic" pamphlet with safety information.

Among conditions Toronto called for were: more emergency shut-off valves; site-specific emergency response plans for each major waterway in the GTA; stronger monitoring of pipeline integrity and reporting results to the NEB; and detailed models of, should a major spill occur, when it would reach Lake Ontario — the water source of millions.

Toronto also wants further assurances that Enbridge could cover all costs of a major disaster.

Hearings will continue through to Saturday, when protesters are also planning to demonstrate outside the hearings at the Metro Toronto Convention Centre.

TORSTAR NEWS SERVICE

First Nations

- Lawyers representing two First Nations argued the NEB must reject Enbridge's proposal because the Crown had a duty to consult First Nations and did not.
- "There has been no consultation," said Scott Smith, representing Aamjiwnaang First Nation and Chippewas of the Thames First Nation. Line 9B passes near or through a number of highly used traditional territories, Smith said.

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One-man scandal factory can't tarnish T.O. the Good

Toronto on the world stage. Mayor doesn't dominate press about the city, study suggests

JESSICA SMITH
jessica.smith@metronews.ca

Good news about Toronto outweighs the bad that Mayor Rob Ford's crackgate scandal brought to the international stage, say media monitors — even if it doesn't seem that way.

When Alice Munro won the Nobel Prize for Literature, The Associated Press described the news to its global readership as "a morale boost for a country that has been generating an unusual run of bad headlines."

Canada's worst headline-grabber, the agency said, is "the lurid story of Toronto's mayor, allegedly caught on video smoking crack cocaine."

Is that what the world thinks? Munro's historic win is but a bright spot for a country beleaguered by scandal? After all, The Associated Press is one of the world's biggest news wires.

The bad news listed below crackgate: Quebec corruption, the Lac-Mégantic tragedy, Justin Bieber's shenanigans and the decline of BlackBerry.

While stories about Mayor Ford have appeared in newspapers, shows and magazines around the world, the good news about Toronto still far outweighs the bad, according to media-monitoring firm Cormex Research.

"Outside of Canada, (Ford news) is 'inside baseball'; it's about a local political issue," said Andrew Laing, director of Cormex's MediaLAB.

Laing conducted a study that found the city had a higher international news profile during the Toronto International Film Festival and all the press about the alleged Via Rail terrorist plot than it did during the height of the crack video scandal in May.

The same holds true today, even as the allegations continue, he said.

"It's mostly the celebrity factor," he said. "And that the films that debut at TIFF are shown around the world, and when they do, it's noted in other news outlets that this debuted at TIFF."

However, the study measured only the world's exposure to the news, not readers' perception of it — so it didn't determine if a passing mention of a film's debut in Toronto impacts a reader more than a vivid description of Ford.

For example, The Guardian published a story by Colin Horgan that memorably described Ford as "the festering blister on the latte-sipping fingers of Toronto's elite, rubbing them exactly the wrong way as they try to go about projecting an image of the city as world class."

Comedy shows have also taken aim at Ford — and have significant reach — but the entertainment factor still isn't enough to trash Toronto's reputation, according to Laing.

"If you put together 100 people in Bangalore and ask them what they may have seen about Toronto in the past year, about 40 of them are going to say something about TIFF and one of them might say something about Rob Ford," he said.

However, that could change, he said.

"I think it's pretty tough to top what he's generated so far as a story line," said Laing. "But the only thing that could do it is if all the allegations are confirmed and it causes him to resign."

It's quite possible, according to Laing, that if the allegations are confirmed, Ford could move from the headlines into the realm of legend, where his story will long outlive the news cycle.

All the bad news about Toronto Mayor Rob Ford did not outweigh the good press about the city, according to media monitoring firm Cormex Research. DAVID COOPER/TORSTAR NEWS SERVICE

Just not that into him

"If you put together 100 people in Bangalore and ask them what they may have seen about Toronto in the past year, about 40 of them are going to say something about TIFF and one of them might say something about Rob Ford."

Andrew Laing, director of Cormex Research's MediaLAB

Foreign press

Man, myth and legend

New York Post:
"The frequently embattled Toronto mayor has shaken allegations of corruption and hardcore drug use, so is it any surprise he was able to defeat legendary professional wrestler Hulk Hogan in an arm-wrestling match?... Though Hogan is significantly taller than Ford, the rotund Canadian, who weighs 308 pounds, had a six-pound weight advantage."

The Daily Mail:
"Is Toronto the only city on Earth where the break-out rap star has a cleaner image than the mayor? Disgraced city chief Rob Ford joins hip-hop star Drake at NBA launch."

The Daily Show:
"Hey, don't judge him. Maybe he's cleaning up the city by smoking all the crack in it. You're next, prostitution rings!"

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Plots. Jane-Finch farm rakes in first harvest

A budding success story is growing in the Jane and Finch neighbourhood, and it tastes like spinach.

The Black Creek community farm is a sprawling 3.2-hectare property dotted with more than 40 kinds of vegetable plots. Now reaping its first autumn harvest, the farm has provided fresh food for Jane and Finch residents since it opened in June.

Residents living within 15 minutes of the farm, located at Jane Street and Steeles Avenue West, can buy boxes packed with fresh fruits and vegetables each week at a reduced price, based on their income. The food is also sold at nearby community markets.

It's a model that has inspired some locals to lend a helping hand.

"This is a very nice program," said Dean Campbell, a 71-year-old volunteer farmer who is paid in produce. "It involves the community. You get to do some work and then share the produce."

At a market near you

- The farmers are involved every step of the way. They bring their harvests to farmers' markets across the city each week.

Cultivating tastes to please the neighbourhood's global palate is a big part of farm's appeal.

"We're blessed in Jane and Finch with a mixed population with lots of cultural diversity, and we want the farm and its crops to reflect that," said farm director Gavin Dandy.

One of the farm's main goals is to educate people about the business of farming, from seeds to sales. About half the farmers are Jane and Finch residents, a concerted effort by Everdale to give locals ownership over the land. "The only way this will succeed is if locals want it to," he said. "So far their support has been tremendous."

TORSTAR NEWS SERVICE

Pumpkins grown by Jane and Finch residents at the Black Creek community farm. DAVID COOPER/TORSTAR NEWS SERVICE

Worker allegedly sleeping on job 'a black eye on our city'

Zzz? Mayor Ford said he will seek the firing of employee and a manager if the employee was indeed dozing on the job.

Coun. Giorgio Mammoliti distributed a photo on Wednesday that he said shows a community-centre worker sleeping on the job.

Mammoliti, a former union leader and NDP MPP who has become a fierce union critic and ardent conservative, used the photo to make a political point in advance of the 2014 budget debate that begins next month.

"Managers and supervisors of departments should carefully consider proposing any increases to their respective budgets if these are the types of employees our great city is hiring," his news release said.

Mayor Rob Ford said he has asked Jim Hart, the city's general manager of parks, forestry and recreation, to look into the matter. Ford said he will seek the firing of both the employee and a manager if the employee was indeed sleeping on the job.

Ford spoke in detail about the photo although he has repeatedly said he does not discuss personnel matters when asked about a series of incidents involving a senior aide in his own office.

He called the situation involving the union employee "a complete embarrassment and a black eye on our city."

Mammoliti, named chair of the parks committee last week, said the photo was taken Wednesday morning in the fitness centre of the Carmine Stefano Community Centre at Weston Road and Sheppard Avenue West. It shows an employee, whose sex isn't clear, with their head down near a desk.

Tim Maguire, president of CUPE Local 79, conceded that the "optics are bad," but he said he will assume for now that the employee was on a permitted mid-morning break.

The employee, he said, deserves "due process" rather than immediate headlines.

A photo of a TTC collector asleep in a station booth inflamed riders in 2010. The collector said he had health problems, and he died later that year.

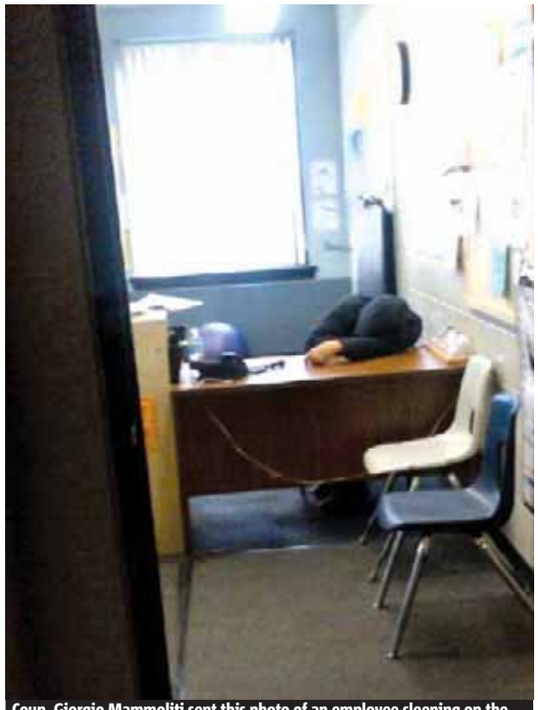
Maguire said we do not yet know the circumstances around the new photo.

"If there are allegations of city employees not performing their job, we have no problem with the city bringing those to our attention … in this instance, it should have been investigated first, rather than a media stunt to distract from the real issue of cuts in services and overburdened workers," he said. TORSTAR NEWS SERVICE

Quoted

"If we have someone that's literally sleeping at their desk, how it looks, we cannot tolerate this. The managers who are overseeing this employee obviously aren't doing their job."

Mayor Rob Ford



Coun. Giorgio Mammoliti sent this photo of an employee sleeping on the job as part of a media release on Wednesday. CONTRIBUTED

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PUPs pass the crash test

Power-punk. With a proven producer behind their new record, Toronto's PUP are ready to bite the hand that feeds

TARIN ELBERT
tarin.elbert@metronews.ca

The drummer rips his hand open while thrashing madly on the cymbals. Snapping guitar strings carve deep gashes in the bass player's face — a staple gun is used to stitch him up.

The lead singer gets smacked in the mouth with a microphone and spits out broken teeth. A flying cymbal then slices into his backside; blood oozes from his chest.

This video for the raucous single Reservoir is where we first meet Toronto's PUP, a ferocious power-punk four-piece that revels in its notoriety as a "train wreck on stage."

Transposing the frenzied roar of their live show onto recordings, however, proved an ongoing challenge for the lads.

"We had a lot of difficulty capturing the heaviness that comes out in our live show," explains lead singer/songwriter Stefan Babcock in an interview. "We went looking for a producer and decided to shoot for the stars."

Behind the name

The band was formerly known as Topanga, after a character from the '90s sitcom Boy Meets World. When copyright issues over the name ensued, the band decided on PUP, after Stefan Babcock's grandmother wrote this to him: "I am a super fan of yours, but playing in a rock band seems to be a pathetic use of your potential."

The stars must have been aligned for PUP. The producer that came calling was none other than Dave Schiffman, the same studio wizard who made household names of Rage Against the Machine, Weezer and the Red Hot Chili Peppers, to name but a few.

"Our dream guy was Dave Schiffman all along," says Babcock. "We sent him the demos, figured we had nothing to lose. He emails back saying, 'You guys are awesome — let's do a record.' He flew into Toronto and in a few weeks, we were in the studio."

After seeing the band perform, the crafty Schiffman knew exactly what needed doing: The PUPs live bark needed to be unleashed.

"He came out to Montreal to see us play. As soon as we got off stage, he said we have to do this live off the floor," Babcock recalls.

"He put us all in the same room and said, 'Just play the songs like you would play them live.'

"His whole thing was: 'I want this record to sound like the best live show you've ever played.'

"And it does. Our new record (dropped Oct. 8) sounds exactly like us playing our live show. We did not want it to sound perfect, we wanted it to sound like we did live. Dave nailed it for us."

Indeed. The PUPs' self-titled debut has been clawing at the hearts of music maestros everywhere, and they've been dubbed the new bastards of punk. May their bark be as big as their bite.

PUPs Steve Sladkowski, Stefan Babcock, Zach Mykula and Nestor Chumak take a welcome breather on the crashed-out set at the end of their frenetic video for Reservoir. The Toronto punkers are currently on a cross-Canada tour but play Sneaky Dees for their record-launch party Thursday. Inset: Lead singer Babcock and the PUPs in action. METRO; INSET: CONTRIBUTED

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Believe it — Ripley's is here

Sharks and lobsters and sea turtles, oh my! Kids, grandparents and all ages in between celebrated the opening of Ripley's Aquarium (located at the base of the CN Tower) by checking out the 16,000-plus marine animals on display. The marine life unveiled to the public Wednesday will not only delight and entertain, but will also give a boost to the local economy, according to Mayor Rob Ford. Here, some fishy sights from the opening:

1 Sea creatures floating in a most spectacular way.

Sea Nettles float in a large tank as guests take photos at the opening of Ripley's Aquarium of Canada on Wednesday. **ALL PHOTOS BERNARD WEIL/TORSTAR NEWS SERVICE**

2 Into the shark's jaw.

Framed by a large model of a shark's jaw, Mayor Rob Ford took part in the opening.

3 Smile, it's going in the papers.

A Southern Stingray strikes a pose for the camera as a Cownose Ray floats behind.

4 Good thing you have that bubble to protect you, boy.

A Zebra Shark circles around Damien McDonald, 10, of Toronto, in the Rulers of the Reef exhibit.

5 Dangerous Lagoon, featuring Saw.

A Sawfish and a Southern Stingray circle around in Dangerous Lagoon as visitors look on.

Soccer World Cup

Mexican fans thank bitter rivals U.S.

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican newspapers on Wednesday published banner headlines reading "We Love You," and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama. Mexico and the U.S. are bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden during a 2004 Olympic qualifying game. THE ASSOCIATED PRESS

Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services and materials and using "commercial harassment" against recruits. The group and bookstore were fined 600,000 euros ($814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

While Scientology is recognized as a religion in the U.S., Sweden and Spain, it is not considered one under French law.

THE ASSOCIATED PRESS

Alina Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston.

BOSTON HERALD, MARK GARFINKEL, POOL/THE ASSOCIATED PRESS

Tsarnaev's sister released in counterfeit $100 bill case

Alina Tsarnaeva. District attorney's office says 23-year-old not accused of passing the bill, but evidence suggests she knew those that did

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a charge related to a counterfeiting investigation.

Alina Tsarnaeva, 23, was in court to ask a judge to remove a warrant issued after she failed to appear in court in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaeva picked up a person who passed a counterfeit $100 US bill at a restaurant at the South Bay Mall in Boston in 2010, but was unco-operative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on $1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week.

THE ASSOCIATED PRESS

Eye for an eye? Dutch diplomat beaten after Russian envoy arrested

A Dutch diplomat was beaten up by two men who barged into his apartment in central Moscow, an attack that followed the arrest of a Russian diplomat in the Netherlands.

Russia expressed its regrets Wednesday, but the Dutch government said it expected a full explanation.

The arrest of Russian diplomat Dmitry Borodin in The Hague on Oct. 5 caused outrage in Moscow. Dutch state broadcaster NOS reported that police had traced a car involved in an accident that day to Borodin's home, and neighbours told police they were worried for the safety of the children inside.

The incidents come at a time of growing tensions between the two countries over Russia's seizure of a Dutch-flagged Greenpeace ship and Russia's anti-gay laws.

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Pet killer denied right to have animals

Vancouver. Woman who killed family cat and dog has lost appeal to own animals

A 23-year-old woman who was described by a psychiatrist as an "affectionless psychopath" after she butchered two family pets and expressed a desire to murder a homeless person has lost an appeal of a lifetime ban on owning animals.

Kayla Bourque had pleaded guilty last year to charges of causing suffering and unlawfully killing animals. She was given a lifetime ban on owning or being around pets.

Bourque admitted killing Molly, the family dog, in September 2009 by hanging the animal. She then dismembered the dog and placed the animal's head on a stick, videotaping and photographing the killing and taking a photograph of herself naked next to the dog's remains.

She killed the family's cat, Snowflake, in a similar way in March 2010, the decision says.

A history of killing

"She ... has no insight into the harm and suffering she causes these creatures."

Justice Elizabeth Bennett, B.C. Appeal Court

Court decisions describe Bourque as a sexual sadist with antisocial personality disorder who finds joy in torturing and killing animals, and that she has expressed no remorse.

Bourque now lives in a residential setting in Vancouver with 24-hour supervision, after nine months of time served.

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Kayla Bourque. CONTRIBUTED

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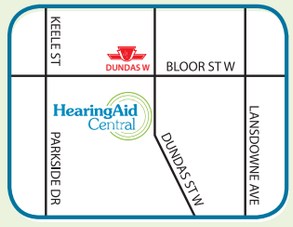

Women in the boardroom. Rules wanted to equalize gender in corporate ranks

The scarcity of women in Canadian boardrooms has the country's biggest regulator pushing for mandatory changes that would shame corporations for their lack of gender diversity.

The Ontario Securities Commission said Wednesday it will recommend to the provincial government that companies listed on the Toronto Stock Exchange should be required to disclose how they're increasing the number of women in their highest executive ranks.

The voluntary "comply or explain" policy would be put in place to encourage publicly traded companies to annually report their internal targets and progress — and be questioned if they refuse to comply. The OSC will take its recommendations to the government this fall.

Research shows that a higher mix of women in managerial and executive roles leads to more profitable companies and stronger organizations. Women often have leadership skills complementary to men, are often fairer with rewards, can be more focused on goals and can be stronger role models, said Eric Lamarre with global management consulting firm McKinsey and Company Canada. THE CANADIAN PRESS

The OSC says new rules to put more women, like the ones seen here at the TSX, in executive ranks would be good for business. FRANK GUNN/THE CANADIAN PRESS

Terrorism

Canadian guilty in attempted arms buy for Tamil Tigers

A Canadian man has pleaded guilty in the United States to two terrorism offences in connection with the Tamil Tigers.

Piratheepan Nadarajah, from Brampton, Ont., admitted to a conspiracy to acquire anti-aircraft missiles and attempting to provide material support to a foreign terrorist organization.

Online court records show that Nadarajah pleaded guilty last week in New York to the two counts.

His sentencing is scheduled for Jan. 31, 2014.

Prosecutors alleged Nadarajah and co-conspirators negotiated with an undercover FBI agent to buy and export $1 million US of high-powered weapons and military equipment for the Tamil Tigers.

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U.S. Congress races to pass budget bill, reopen government

'A time for reconciliation.'
Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

Up against a deadline, the U.S. Congress passed and sent a waiting President Barack Obama legislation late Wednesday night to avoid a threatened national default and end the 16-day partial government shutdown, the culmination of an epic political drama that placed the U.S. economy at risk.

The Senate voted first, a bipartisan 81-18 at midevening. That cleared the way for a final 285-144 vote in the Republican-controlled House about two hours later on the legislation, which hewed strictly to the terms Obama laid down when the twin crises erupted more than three weeks ago.

The legislation would permit the Treasury to borrow normally through Feb. 7 or perhaps a month longer, and fund the government through Jan. 15. More than 2 million federal workers would be paid — those who had remained on the job and those who had been furloughed.

At the White House, Obama hailed the Senate's vote and encouraged the House to follow suit. Once the measure reached his desk, he said, "I will sign it immediately. We'll begin reopening our government immediately and we can begin to lift this cloud of uncertainty from our businesses and the American people." THE ASSOCIATED PRESS

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders voted for the bipartisan agreement Wednesday, but Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement. THE ASSOCIATED PRESS

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Australia. So an injured kangaroo hops into an airport pharmacy...

An injured kangaroo hopped into an airport in Melbourne, Australia, on Wednesday, perplexing passengers as it made its way into a terminal shop.

Airport officials aren't entirely sure how the kangaroo got into the Qantas Airways terminal, Melbourne Airport spokeswoman Anna Gillett said. But once inside, the marsupial — which had been hit by a vehicle at a nearby intersection and was bleeding — made its way into a pharmacy.

Shop workers, Qantas staff and police contained the kangaroo in the pharmacy before wildlife officers arrived. Two volunteers tranquilized the animal and took it to a vet for treatment, Wildlife Victoria said in a statement.

This isn't the first time a kangaroo has paid a visit to Melbourne Airport. Last year, a 'roo was found bouncing around one of the airport's parking garages.

THE ASSOCIATED PRESS

Rescuers Ella Rountree, left, and Geoffrey Fuller pose with the kangaroo they captured at Melbourne airport. WILDLIFE VICTORIA/THE ASSOCIATED PRESS

Jumping in the River Jordan

Christian pilgrims jump in the Jordan River as they take part in a group baptism on Wednesday near Tiberias, Israel. An estimated 100,000 worshippers make their pilgrimage to the Biblical river where, according to Christian beliefs, Jesus Christ was baptized by John the Baptist. URIEL SINAI/GETTY IMAGES

Rhodes scholar goes TV

Mia Farrow's son to host new show

MSNBC announced Wednesday that it had hired Mia Farrow's son, 25-year-old Ronan Farrow, to host a weekday program on the cable network starting sometime next year.

Farrow, a human rights activist and Rhodes scholar, founded the U.S. State Department's Office of Global Youth Issues in 2011.

On Tuesday, Penguin Press announced that it would publish a book by Farrow on American military aid in 2015. THE ASSOCIATED PRESS

London dream

Firefighters sing to Judi Dench

Judi Dench was serenaded by firefighters as she arrived for the London premiere of her latest film.

Dench walked the red carpet in Leicester Square Wednesday for the London Film Festival screening of "Philomena." Members of the Fire Brigades Union, drinking at a pub after a protest march against pension cuts, spotted the 78-year-old star, chanted "We love you Judi" and broke into a rendition of Beatles song "Hey Jude."

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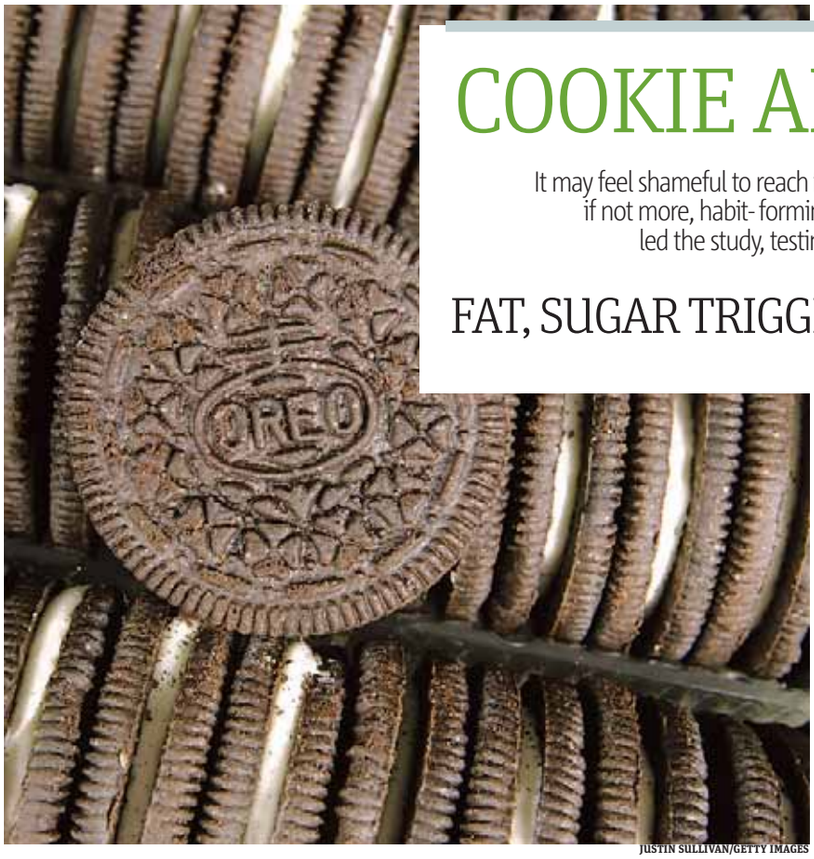

JUSTIN SULLIVAN/GETTY IMAGES

COOKIE ADDICTS ANONYMOUS

It may feel shameful to reach for that 10th cookie, but new research has shown that Oreos can be just as, if not more, habit-forming as drugs like cocaine. Prof. Joseph Schroeder of Connecticut College led the study, testing for the impact of snacks and explained his alarming discovery

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Were the rats high?

No it was the type of activation that happens all the time from engaging in a pleasurable act, the pleasure that's important for learning behaviours that promote survival like eating and sex.

Lab rats give glimpse into forming addictions. COURTESY BOB MACDONNELL

But drug abuse hijacks that area so it's a different type of activation.

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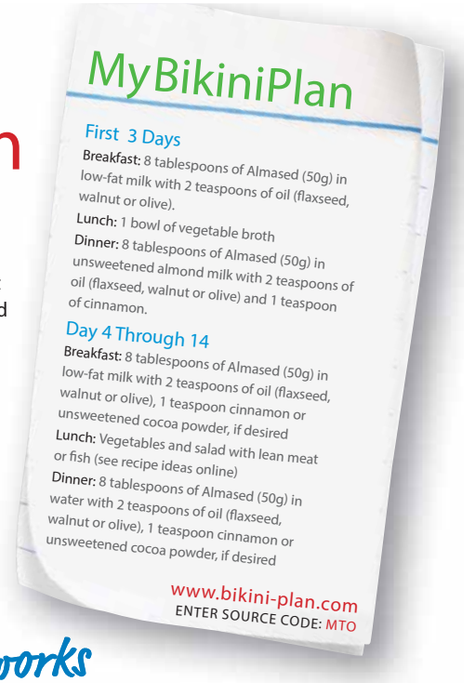
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France. Public detainment, expulsion of teen outrages immigrant groups

Maria Dibrani, 17, left, and Leonarda, 15, expelled from France last week, talk on their cellphones in a shelter house in Mitrovica, Kosovo, Wednesday.
VISAR KRYEZIU/THE ASSOCIATED PRESS

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager.

It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed.

THE ASSOCIATED PRESS

Laos

Canadian among 49 feared dead in plane crash

A domestic flight crashed Wednesday in Laos and all 49 people on board, including a Canadian, are feared dead, said the government of the Southeast Asian nation.

The Ministry of Public Works and Transport said 44 passengers from 11 countries and five crew members were aboard Laos Airlines flight QV301 travelling from the Lao capital, Vientiane, to Pakse in the country's south.

A Foreign Affairs spokesman in Ottawa said the department is working closely with local authorities to confirm if Canadian citizens "have been affected."

The Lao government said the airline "is taking all necessary steps to co-ordinate and dispatch all rescue units to the accident site in the hope of finding survivors."

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

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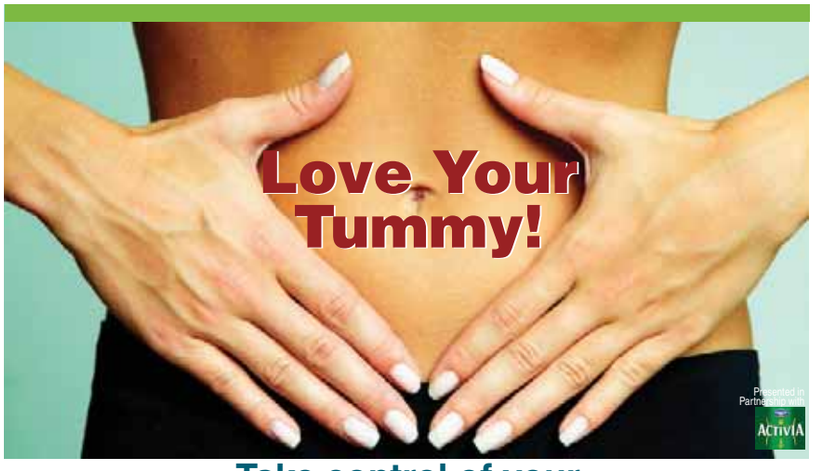
A large dinosaur skeleton stands in an auction-house warehouse in Billinghurst, England, Tuesday. The 17-metre specimen is a Diplodocus longus, one of the biggest animals ever to have walked on Earth, some 150 million years ago, according to the auction house. This female Diplodocus, nicknamed Misty, carries an estimate of 400,000-600,000 British pounds, ($637,000-$956,000 US), and will be part of Summers Place Auctions' Evolution Sale on Nov. 27. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS



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Meteorite fished out of Russian lake

Weight. A steelyard balance used to weigh the meteor displayed 570 kg before it broke

Russian scientists have recovered a giant chunk of the Chelyabinsk meteorite from the bottom of the lake it crashed into.

Scientists on Wednesday recovered what could be the largest part of the meteorite from Chebarkul Lake outside the city. They weighed it using a giant steelyard balance, which displayed 570 kilograms before breaking.

Sergei Zamozdra, an associate professor at Chelyabinsk State University, said the excavated fragment was definitely a chunk of the meteorite. THE ASSOCIATED PRESS

Meteor

A meteorite contrail over the Ural Mountains' city of Chelyabinsk, in this Feb. 15 file photo provided by Chelyabinsk.ru. THE ASSOCIATED PRESS

The meteor that blazed across southern Urals in February was the largest recorded strike in more than a century. More than 1,600 people were injured by the shock wave from the explosion as it hit near the city of Chelyabinsk, estimated to be as strong as 20 Hiroshima atomic bombs.

People look at what scientists believe to be the meteor using a giant steelyard balance,

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a chunk of the Chelyabinsk meteor, recovered from Chebarkul Lake near Chelyabinsk, Wednesday. Scientists tried weighing which displayed 570 kilograms before it broke. ALEXANDER FIRSOV/THE ASSOCIATED PRESS

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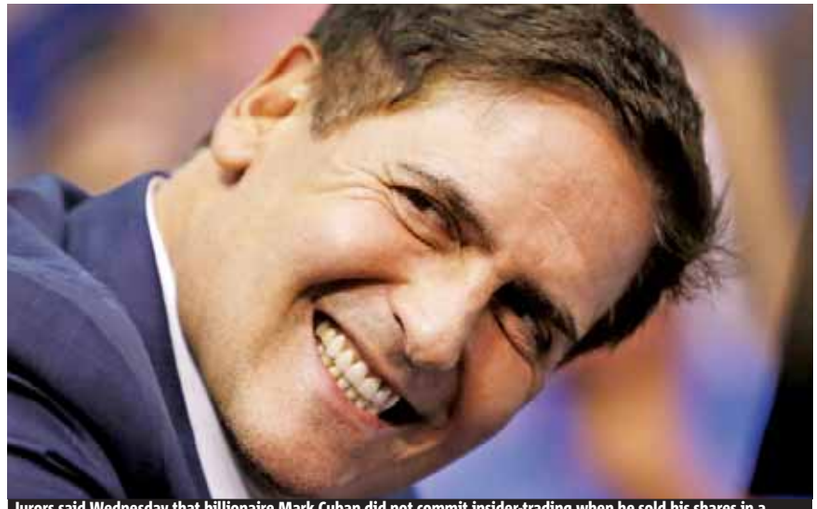

Jurors said Wednesday that billionaire Mark Cuban did not commit insider-trading when he sold his shares in a Canadian Internet company in 2004. MIKE FUENTES/THE ASSOCIATED PRESS

'I'm the luckiest guy in the world'

Not guilty of insider trading. Mark Cuban, star of Shark Tank, says he was targeted because of his fame

Mark Cuban won a years-long fight with the U.S. federal government Wednesday as jurors decided that the billionaire basketball team owner did not commit insider-trading when he sold his shares in an Internet company in 2004.

The jury in federal district court in Dallas said that the Securities and Exchange Commission failed to prove the key elements of its case, including the claim that Cuban agreed to keep certain information confidential and not trade on it.

The nine-member jury deliberated about half a day before reaching the unanimous decision that ended the three-week trial.

Cuban, 55, hugged his lawyers after the verdict, then called family members. During an impromptu news conference outside the courthouse, he angrily denounced the SEC and its lead trial attorney, Jan Folena, saying that they lied about the evidence and targeted him because of his fame. He said that defendants of lesser wealth could have been bullied.

"Hopefully people will start paying attention to how the SEC does business," Cuban said. "I'm the luckiest guy in the world. I'm glad this happened to me. I'm glad I'm able to be the person who can afford to stand up to them."

Folena, who left the courthouse just minutes before Cuban, said, "We believe we did the best we could in this case, and things turn out the way they turn out."

THE ASSOCIATED PRESS

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Harper's throne speech courts middle-class voters

Eye on the election.
Harper beset by Senate expense scandals and polls showing his party tied with or trailing the Liberals

PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

SPEAKER OF THE HOUSE OF COMMONS ANDREW SCHEER LISTENS TO THE SPEECH FROM THE THRONE.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a nation "great in thought, great in action, great in hope and great in position."

"His vision has come to pass," said the Governor General.

Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties. Measures that come down hard on public sector workers — a primarily Conservative preoccupation — took up almost an entire page. And parents will be given a say before drug injection sites open in their community. THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public.

In others, photos are taken during a sexual assault and posted online.

The new law will also give "police … new tools to effectively address cyberbullying that involves criminal invasion of privacy, intimidation and personal abuse," the Throne speech said.

JESSICA SMITH/METRO

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

"There is no free pocket money that we can go to, to implement some of those things," he said.

From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons.

Corrections complied with one-third of ensuing coroner jury recommendations, the inquest heard.

The commissioner insisted corrections has made improvements in the six years since Smith, 19, strangled herself in a cell. Information sharing between health professionals and prison staff is better and interdisciplinary teams are deployed.

THE CANADIAN PRESS

Ashley Smith
THE CANADIAN PRESS

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Canadian chefs hone their skills at Cook It Raw

Culinary odyssey. Canucks among group of world's influential chefs at annual event

A contingent of Canadian chefs is headed to an international gathering attended by some of the most influential and creative chefs in the world.

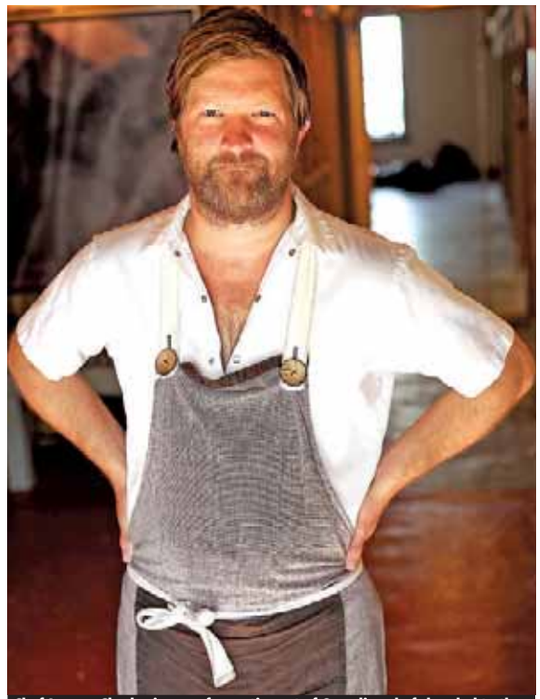
Cook It Raw has become an annual week-long culinary odyssey of hunting, fishing and harvesting. This year the meeting takes place in Charleston, S.C., and will examine the unique cuisine of the Lowcountry region along the state's coast.

Founded in 2009, the event is the brainchild of Alessandro Porcelli, who invites chefs dedicated to exploring places through cuisine to various spots in the world, where they stretch their skills as they work with farmers, hunters, cooks and artisans, and also examine the future of food while addressing environmental, social and cultural issues. At the end, the chefs prepare an innovative meal that interprets what has been learned.

This year's gathering, set to run Oct. 20 to 26, will include Jeremy Charles, executive chef of Raymonds in St. John's, N.L., along with Connie DeSousa and John Jackson, co-owners and chefs of Charcut Roast House in Calgary.

Charles has made enRoute magazine's best new restaurant list twice in less than five years and has raised the profile of Newfoundland's cuisine.

DeSousa, a finalist in season one of Top Chef Canada, also was the winner in the outstanding chef category at April's Terroir, while Jackson has worked in Manhattan and San Francisco. THE CANADIAN PRESS



Chef Jeremy Charles is one of a contingent of Canadian chefs headed to the Cook It Raw event, being held this month in Charleston, S.C.
NED PRATT/THE CANADIAN PRESS

Cook It Raw's first public event

Ten Toronto chefs have also been invited to work with South Carolina chefs in Cook It Raw's first public event. Ticket holders will be able to sample their interpretations of Lowcountry barbecue at BBQ Perspectives on Oct. 26.

- Arlene Stein, founder and chair of Toronto's annual Terroir Hospitality Symposium, is a fan of Porcelli's project. She invited him to speak at last spring's conference and meet some Canadian chefs because she thought he would "find it very inspirational how much they support each other and actually how much work they do collaboratively."
- In the past Cook It Raw has been open to only a few elite chefs, but Stein hopes this year's new format with a public event at the end of the week will draw in a broader audience.

Excavation

Early Britons snacked on roast toad, dig suggests

A promising excavation about 1.6 kilometres from Stonehenge has unearthed a host of clues about the diet of prehistoric Britons — among them a tiny, partially burnt toad bone which suggests they snacked on amphibians.

The University of Buckingham says the charred leg bone was found alongside fish bones and the remains of aurochs, the wild ancestor of today's cattle, at a site in the town of Amesbury.

The finding has yet to be peer-reviewed, but other experts describe the dig as significant. Natural History Museum researcher Simon Parfitt said there was no doubt that the animal remains found there dated from prehistoric times. THE ASSOCIATED PRESS

Libraries are finding younger audiences with multi-platform digital magazines. SCREENGRAB/EDMONTON PUBLIC LIBRARY

A free 'zine just reads better

New on stands.
Rogers now selling digital-mag access; libraries offering it free

Rogers is launching a digital -subscription service that allows readers to pay a monthly fee for unlimited access to a newsstand's worth of e-magazines.

But many public libraries are already offering a similar product for free.

The free service is run by digital magazine company Zinio and is available within libraries' digital collections.

In Toronto, the service has mushroomed from about 5,000 borrows a month in June to 55,000 monthly by September, said city librarian Jane Pyper.

"It's pretty new for us but we've seen tremendous growth in interest and use of it, for sure, in that short period," Pyper said.

"Generally people are widely enthusiastic, is what I would say the feedback is."

More than 300 magazines are available to download on a computer or mobile device. Popular titles include The Economist, House and Home, National Geographic and Rolling Stone.

"Young people in their 20s and 30s, which is a demographic we don't always reach, are interested in e-content," Pyper said.

"It's diversifying our audience, which is good."

The reaction to the service has been similarly positive in Edmonton, said Sharon Karr, manager of the city's public library collection, management and access.

"The uptake has been pretty good, since February we've had close to 4,000 customers sign up and close to 100,000 checkouts," Karr said, noting Us Weekly has been the most popular title among the 273 available, followed by Consumer Reports and Hello magazine.

Pyper said she's "heard rumblings" that Rogers might be pulling its magazines from the Zinio platform, which she hopes isn't true.

"That would be, from my perspective, a real disappointment if they did reconsider," she said.

"Public libraries are a legitimate market, we're willing to pay for content. We introduce readers to new content; we introduce readers to new titles." THE CANADIAN PRESS

Off the rack

On Tuesday, Rogers launched its own digital magazine service for tablets, named Next Issue Canada.

- **What does it cost?** $9.99 a month for access to monthly magazines, with an additional $5 for weekly magazines.
- **Top titles available.** Rogers titles like Chatelaine, Maclean's and Flare, as well as newsstand mainstays like Esquire, GQ, the New Yorker, Rolling Stone, Sports Illustrated, TIME, Vanity Fair and Vogue.
- **Free trial.** It launched for Rogers customers on Tuesday with a free two-month trial and will be widely available on Dec. 15.
- **For the francophones.** A French version will be available next year.

Young adult genre

"Young people in their 20s and 30s, which is a demographic we don't always reach, are interested in e-content."

Jane Pyper, city librarian at Toronto Public Library

The September Issue

55,000

The number of monthly subscribers to the Toronto Public Library's free digital-magazine service, in the month of September

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Crash-test doggies may make ruff drives safer

Pets. Centre aims to make sure Fido is safe as he pokes his head out your car window, tongue wagging all the way

To make the world safer for pets, Lindsey Wolko had to design an indestructible dog.

Two years and hundreds of thousands of dollars later, her non-profit Center for Pet Safety in Reston, Va., has a set of crash-test dog dummies that were battered, throttled and sent flying to test several car safety restraints.

The rare study of travel products marketed to animal owners was released earlier this month and will be followed by tests of car crates, carriers and barriers. Life jackets are on the short list of products to be tested as soon as funding is found. Inspiration for the centre and its inaugural test came nearly a decade ago.

Wolko's dog, Maggie, was seriously injured when Wolko braked to avoid a traffic collision. Despite a restraint, the English cocker spaniel smashed into the back of the driver's seat, spraining her spine and hip and getting her back legs tangled in the harness.

Once Maggie recovered, Wolko decided to sell dog products on her for-profit website. She sold only products her dogs responded to positively.

Often she found the safety equipment, toys and cleaning products were mostly untested and either failed to work as promised or fell apart.

THE ASSOCIATED PRESS

Man's best friend loves to tag along and stick its head out the window while out cruising. To make those rides safer Subaru and the Center for Pet Safety conducted a collaborative study to test the effectiveness of popular pet harnesses with a crash-test dog. SUBARU/THE ASSOCIATED PRESS

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Not to brag, but our network speed is faster

Canada: 1, America: 0.
A new study finds wireless speed is faster in our cities than in the U.S., but we pay more to be able to get that Instagram pic up quicker

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," wrote Sascha Segan.

THE CANADIAN PRESS

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

Celebrating Ada Lovelace Day

Maia Weinstock, of Cambridge, Mass., a Brown University graduate, works on her computer during a Wikipedia "edit-a-thon," on the Brown campus, in Providence, R.I., on Tuesday. The event brought together dozens of people to train them on how to add and edit pages to Wikipedia. It coincided with Ada Lovelace Day, an annual observance started in Great Britain in 2009 to highlight women in technology and named for the English mathematician who died in 1852. STEVEN SENNE/THE ASSOCIATED PRESS

Cost-saving measure

Grocer Loblaw axing 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. Loblaw continues to grapple with heightened competition from fellow grocers and a consolidation of the industry. THE CANADIAN PRESS

Market Minute

DOLLAR 96.77¢ (+0.43¢)

TSX 12,957.21 (+25.75)

OIL $102.29 US (+$1.08)

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HOW TO EASILY SAVE THE WORLD

HE SAYS

John Mazerolle
metronews.ca

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming BlackBerrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Cleaning that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom

COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap titled Mother's Little Headful was taken by 14-year-old Udayan Rao Pawar who won the award for Young Wildlife Photographer of the Year at the ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**

This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

ISTOCKIMAGES

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter

@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - / I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #Gatewaypoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

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NOTICE OF ENVIRONMENTAL PROJECT REPORT ADDENDUM
EGLINTON CROSSTOWN LIGHT RAIL TRANSIT

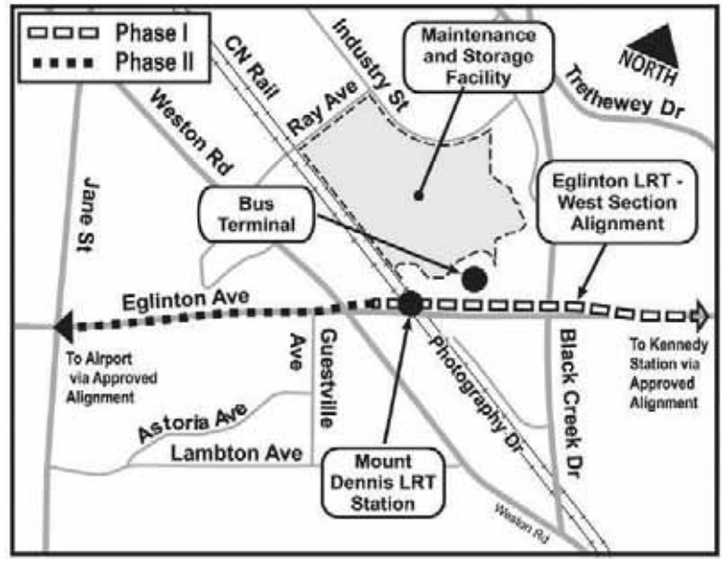
Rapid and reliable transit is coming to the centre of Toronto. The Crosstown will move Torontonians to work, school and play faster than ever before – reducing travel times and enhancing our economy and our environment.

The Crosstown will run along Eglinton, with more than 10 kilometres underground, making transit travel up to 60 per cent faster than today.

In accordance with Ontario Regulation 231/08, the TTC and City of Toronto conducted an environmental impact assessment of the Eglinton Crosstown Light Rail Transit (LRT) Project; a 33-kilometre electrically-powered LRT line extending from the Lester B. Pearson International Airport in the City of Mississauga to Kennedy Station in the City of Toronto. An Environmental Project Report (EPR) for this transit project was completed March 12, 2010 and a Statement of Completion was submitted to the Ministry of the Environment in May 2010.

Subsequently, in 2012, Metrolinx assumed management responsibility for the project and has become the sole proponent. Metrolinx has identified the need to revise the project between Jane Street and Keelesdale Park to:

- Divide the implementation of the project into two phases at Weston Road (the site of the Mount Dennis Station) and proceed with the phase from Mount Dennis Station to Kennedy Station and defer the section from Weston Road to Pearson International Airport due to funding limitations;
- Include at the western terminus of the first phase (at Mount Dennis Station) a 15-bay bus terminal (not previously assessed in the original EPR);
- Re-configure the LRT between Jane Street and Keelesdale Park from a surface LRT line in the centre of Eglinton Avenue West to a grade-separated LRT line to improve operations; and
- Assess the environmental impacts of a Maintenance and Storage Facility (MSF), where light rail vehicles would be maintained and stored (the effects of which were not previously assessed in the original EPR).



An Addendum to the Environmental Project Report for the Eglinton Crosstown LRT has been prepared and is now available for a 30-day review period starting **October 18, 2013** at the following locations:

Ministry of the Environment
Environmental Approvals Branch 2
St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5
tel: 416-314-8001 or 1-800-461-6290
Monday to Friday: 8:30 a.m. to 5:00 p.m.

Ministry of the Environment
Central Region Office
5775 Yonge Street, 8th Floor
North York, ON M2M 4J1
tel: 416-326-6700 or 1-800-810-8048
Monday to Friday: 8:30 a.m. to 5:00 p.m.

Metrolinx Rapid Transit Implementation Office
5160 Yonge Street, 3rd Floor
North York, ON M2N 6LN
tel: 416-228-9000
Monday to Friday: 8:30 a.m. to 5:00 p.m.

Crosstown Community Office
1848 Eglinton Avenue West (at Dufferin Street)
Toronto, ON M6E 2J4
tel: 416-782-8118
Monday, Wednesday, Friday: 9:00 a.m. to 5:00 p.m.
Tuesday, Thursday, by appointment

Toronto Public Library, Mount Dennis Branch
1123 Weston Road
Toronto, ON M6N 3S3
tel: 416-394-1008

Please also visit us online at: **www.thecrosstown.ca**

There are circumstances where the Minister of the Environment has the authority to require further consideration of the change to the transit project or impose conditions on it. These include if the Minister is of the opinion that:

- The change to the transit project may have a negative impact on a matter of provincial importance that relates to the natural environment or has cultural heritage value or interest; or
- The change to the transit project may have a negative impact on a constitutionally protected Aboriginal or treaty right.

Before exercising the authority referred to above, the Minister is required to consider any written objections to the change to the transit project that he or she may receive within 30 days after the Notice of Environmental Project Report Addendum is first published.

Interested persons are encouraged to review this document and provide comments by **November 18, 2013**. Comments and concerns may be directed to the project contacts listed below. You have the right to submit an objection to the identified change to the transit project to the Minister of the Environment no later than **November 18, 2013** (Minister of the Environment, 77 Wellesley Street West, 11th Floor, Ferguson Block, Toronto, ON M7A 2T5, fax: 416-314-6748, e-mail: minister.moe@ontario.ca, Attn: Minister of the Environment). Although not required, a copy of the objection is requested to be forwarded to the Director, Environmental Approvals Branch and project contacts listed below.

David Veights, Environmental Assessment Project Manager
Metrolinx Rapid Transit Implementation
5160 Yonge Street, 3rd Floor
North York, ON M2N 6L9
tel: 416-228-9339
e-mail: D.Veights@metrolinx.com

Director, Environmental Approvals Branch
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5
fax: 416-314-8452
e-mail: EAABGen@ontario.ca

Pour plus de renseignements, veuillez composer le 416-782-8118 ou le 1-800-387-3652.

For more Crosstown information:

Visit the Crosstown Community Office at 1848 Eglinton Avenue West (at Dufferin)
Email: crosstown@metrolinx.com
Tel: 416-782-8118
TTY: 1-800-387-3652
Web: www.thecrosstown.ca
www.facebook.com/thecrosstown
www.twitter.com/crosstownTO

All personal information included in a submission, including name, address, telephone number and property location is collected, maintained and disclosed by the Ministry of the Environment for the purpose of transparency and consultation. The information is collected under the authority of the *Environmental Assessment Act* or is collected and maintained for the purpose of creating a record that is available to the general public as described in s.37 of the *Freedom of Information and Protection of Privacy Act* (FIPPA). Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. For more information, please contact the Ministry of the Environment's Freedom of Information and Privacy Coordinator at 416-327-1434.

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Screw the screwface, Toronto, it's time to dance your ass off

Uma Nota. No shame here — just show up and work it

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

The floor is packed, the beats are awesome and no one is moving. Uma Nota fest organizers are trying to fight this all-too common T.O. scene. CONTRIBUTED

Toronto's been called the best city for music in the world. But we've got another, more dubious title: Screwface Capital.

"It's the city with the best artists and the worst audiences," says Alexander Bordokas, member of local drumming group Maracatu Nunca Antes.

To combat audience indifference, Bordokas co-founded the Uma Nota festival as a way of "gathering people who had an interest in polyrhythmic and tropical manifestations of music," that includes funk, soul, afro-beat and latin jazz.

"The music facilitates people meeting, dancing, partying," he says.

"We're not there to look at the artist and create the Toronto arch, the little empty semi-circle at the front of the stage. It's about filling up all the space; dancing with no shame."

The collision of global grooves is much like Brazil, a country Bordokas knows well, having previously lived there. "It's modern, it's fresh," he says. "It's not afraid to use influences from wherever they may be."

Brazil's international outlook is reflected in the fest's name. Uma Nota comes from the bossa nova standard "Samba de Uma Nota So," written by Antonio Carlos Jobim, and means "One Note Samba" in Portuguese.

"We're representing the union of everything."

Of course, refocusing attention away from the artist on stage and toward the revellers in the crowd is the chief challenge to breaking through the city's perpetually unimpressed crowds, especially when Uma Nota is bringing in international stars like Alice Russell.

"It's hard," admits Bordokas. Local media is often more focused on an artist's current press cycle than building up a local scene.

But he's not one to put stars on a pedestal. "I'm not into the whole diva worship thing. They're there to build on the event, not for the event to put them at the forefront."

Uma Nota runs until Oct 20. Check out umanota.ca for the fest's full schedule.

Workshops

No moves? No problem

The biggest barrier to attending a dance party is an inability to dance. Don't worry though, Uma Nota has you covered. This year the fest teamed up with Dos Mundos Arts & Media to host a series of free workshops showcasing different dance traditions from Latin America. Expect to learn a host of new capoeira, Afro-Brazilian and urban street dance steps to show off throughout the fests' four-day run. An added bonus, Lula Lounge is hosting a pair of cultural talks on Sunday, focusing on community transformation through the arts and Brazilian public policy, respectively.

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Twelve Years a Slave opens Friday. CONTRIBUTED

Want to be sensual? Use the power of now

Twelve Years a Slave. Actress Lupita Nyong'o took a page from James Baldwin's The Fire Next Time to help her with role

NED EHRBAR
Metro World News in Hollywood

Lupita Nyong'o is hitting the ground running when it comes to her film career, making a startling and attention-grabbing debut as the mysterious, wild-eyed Patsy in Twelve Years a Slave, a performance that's already earning a ton of awards speculation for the Nigerian actress.

There are worse ways to start a film career.

When you get a shot at a role like this in a film like this with a director like this, what's your first reaction?

When I auditioned for this role, I was just about to graduate from Yale. It was the first time that I was allowed to audition for professional things, and Twelve Years a Slave was the first audition I put on tape. After the audition it dawned on me — Brad Pitt is producing this film and Steve McQueen. … It was kind of like a slow realization of how major auditioning for this thing was, but it also felt completely improbable that I would get the role.

How do you approach material as intense and visceral as this?

It was about being present. Patsy in the script is described as being "effortlessly sensual." In the book, Solomon says that Patsy "had an air of loftiness that neither labour nor lash could rid her of." I was reading James Baldwin's The Fire Next Time, and I found this thing he says about sensuality. He says, "To be sensual, I think, is to rejoice in the force of life itself and to be present in everything that one does, from the effort of loving to the breaking of bread." And that was Patsy for me. That's what made her so sensual, the fact that she was present. And she's present because she has this volatile master. She never knows what he's going to do next — what he's going to require or inflict. So that was the lesson I took going in. I just need to be there. The humiliation and the heartbreak that I've been living, experiencing, will reveal itself.

Why do you think it took so many non-Americans to give such an honest look at such a horrific part of American history?

I don't think it was by design. I don't think Steve was like, "I don't want any Americans!" I don't think that's the case. I don't think it's by design, but at the same time America is made of immigrants. The African-American slaves came from Africa, the white slave owners were Irish and German and English. So I don't think that highlighting our non-American-ness does the story any sort of favours or injustice. For me, as an actor, I feel like it is my job to portray things that are outside of myself; to truthfully believe in circumstances that are not my own. Otherwise my career will be very short, playing some middle-class Kenyan.

Awards buzz

Actor gets his break through role

Chiwetel Ejiofor arrived, he thought, prepared for the first day of shooting 12 Years a Slave. To play Solomon Northup, a free man from upstate New York who was kidnapped and sold into slavery and who later chronicled his experience in a book, Ejiofor had studied Northup's memoir, visited plantations and learned how to, as Northup did, play the violin.

But all that work could scarcely ready him for the intense reality of performing a slave's labour in a Louisiana summer. "Then you're there on the first day and it's 108 degrees and you're picking cotton," says Ejiofor. "How is that accomplishable? I don't know how to do this without delirium setting in."

Ejiofor's titanic and steadfast performance in Steve McQueen's unblinking portrait of mid-19th century slavery has already been hailed as the performance of Ejiofor's career. After Fox Searchlight releases the film Friday, Ejiofor is likely to become a fixture on the fall awards circuit, and a best-actor Oscar nominee.

The film brings audiences along on Northup's nightmarish journey, taken from his family in Saratoga Springs, shipped south and traded among plantations of varied ugliness. One expects such a psychological descent to scar an actor, but playing Northup had the opposite effect on Ejiofor.

"I felt enriched by being in Solomon's shoes for so long," he says.

THE ASSOCIATED PRESS

Chiwetel Ejiofor
THE ASSOCIATED PRESS

Thrilling, chilling and below budget

After Dark. In celebration of the city's spooky film fest, we talk to a director and get a few tips for DIY directing

In time for Halloween, the Toronto After Dark Film Festival (torontoafterdark.com) begins screening its repertoire of blood, guts and the supernatural starting tonight and running through Oct. 25. Among the films trying to run a shiver down the spines of the audience is The Lamp, a short film about a first date, a shared cab ride and moments that haunt you, screening on Thursday, Oct. 24. We asked director Trevor Juras to share with us his tips for directing a short film.

1. Make sure your script is solid.
This is the most important and overlooked aspect of making a narrative film. If the script isn't sharp and right where it should be, very little else matters. Find a story that works best as a short piece. Make sure every scene and line is there for a reason. Being economic is the best way to keep the viewer interested. Try to take the audience somewhere they're not expecting.

2. Cast the right people.
This is the second most important task on the checklist. While good actors might not be able to save a bad script, the wrong cast can sink a great one. Pick people by trusting your instincts. Don't be afraid to modify the script to better suit someone you want to cast.

3. Work within your means.
This is more of a personal philosophy. While the first two tips are the most important, production value can be overrated. Most audience members won't care, or they will be forgiving.

The Lamp is one of many films screening at the After Dark Film Festival, which begins today. CONTRIBUTED

4. Let your cast work off their own instincts, rather than your own.
Set the tone, but give them some freedom. If you had something else in mind or what they choose doesn't work, you can always try it a different way. Often actors are the ones who bring the most truth to the scene. You can feel when it works.

5. Give yourself lots of time to work on set, if you have the luxury.
If you're making a short film and lack experience, work at a manageable pace, knowing everything will take you longer than planned. Think of shooting a film as solving a problem. ... There is something to accomplish with every shot, and that's what you and everyone else are there to do. How you get there is less important than getting there. Everyone is entitled to their own style.

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Online

To see a trailer of the short film The Lamp visit metronews.ca/scene.

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For a guy who likes leaks, Assange is pretty cagey

The Fifth Estate.
Benedict Cumberbatch on WikiLeaks founder's aversion to his portrayal in film

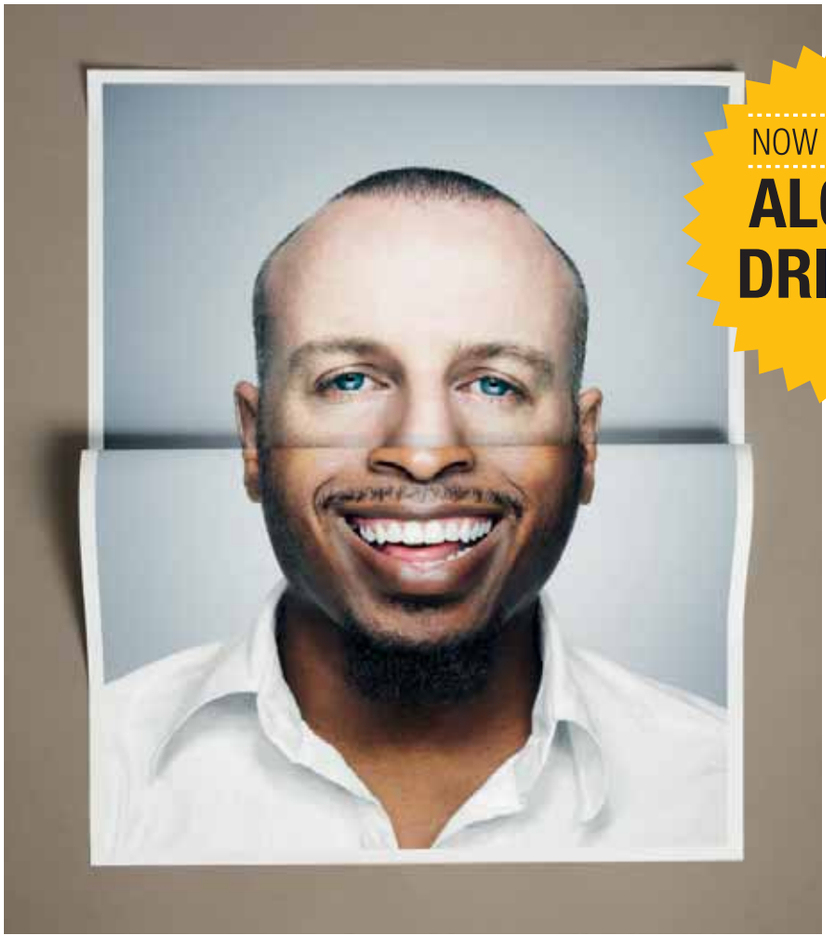
NED EHRBAR
Metro World News in Hollywood

The Fifth Estate, starring Benedict Cumberbatch, opens Friday. CONTRIBUTED

It's no secret now that Julian Assange isn't thrilled about the new film the Fifth Estate, in which Sherlock star Benedict Cumberbatch stars as the embattled WikiLeaks founder. The website even published email correspondence between Assange and Cumberbatch in which the actor sought a meeting with Assange before taking the role — only to be asked not to do the film.

Cumberbatch admits that his correspondence with Assange — who told the Hollywood Foreign Press he thinks the Fifth Estate is "destined to be a box office failure" — was brief, and that the gist of Assange's message was that he didn't want Cumberbatch to take the role. "It was sort of expected, and his arguments were very strong. And I had some very strong counter-arguments," Cumberbatch says.

"I would have loved to have met him. I think like any artist, being in front of a live subject is far more productive and informing than working from a photograph," Cumberbatch says, a tinge of remorse in his voice. "I sadly didn't get the chance to do that, but I quite respect his standpoint, and I reasoned in my communication with him that I thought it was not totally well-founded, that I think there was a lot to celebrate in our version of the story because what it does is bring back into focus how important WikiLeaks is as an idea and the integrity of that idea, personal politics aside."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Carrie, starring Chloë Grace Moretz, opens Friday. CONTRIBUTED

Killer wallflowers? No problem, just keep away the teenagers

The horror.
Chloë Grace Moretz talks about taking on the iconic role of Carrie and her fear of teens

NED EHRBAR
Metro World News in Hollywood

Chloë Grace Moretz has carved out a nice place for herself in Hollywood as a child and teen actor who can handle very, very grown-up material, but everyone has to grow up sometime. With the remake of Carrie, she takes on the most iconic high school wallflower in film history, but going forward she's looking to leave the teenagers behind. Which is convenient, because they terrify her.

This might be the quietest character you've ever played.
It's the most vulnerable I've ever been, for sure. This is the most opposite of who Chloë is in a character, but at the same time it's almost closer to my inner self in the fact that I'm incredibly naive compared to my friends. She's definitely the most innocent I've ever played. But at the same time it was almost easier to jump into than playing, like, a bitch because I'm not very good at doing that. It's harder for me to play a fake, stuck-up girl than it is for me to play vulnerable.

Why do you think you've maintained that level of naivety compared to your friends?
I think it's because I literally have lived a more naive life and the fact that they have to deal with, like, boys and everything. They deal with 10 times as much as I do (in high school). You're dealing with things that are way above your head, and you learn quickly and you move quickly. And me, I've been home-schooled since I was nine, so it's like I haven't been interacting with copious amounts of teenagers since I was nine years old.

You got off lucky.
I think so too. I don't like teenagers. They're really scary. Like, groups of them? They're unpredictable because they're just, like, dumb. They don't even know what they're doing, and they just bumble around and make stupid mistakes and they're like, "Oh, I didn't mean to do that. I regret that." I've never regretted anything in my life because I cognizantly make every decision. Yeah, I've messed up, but I've never regretted anything. And I know tons of people who are like, "Oh, I really regret this" or "I really regret that," and I just don't understand it.

Is this the first time you've played a character who's actually older than you?
Kind of. I mean, she's 17. I think before I played a character who was 16 when I was 15. But I think the oldest character I've played so far was 20. That's a real jump.

You've really made a name for yourself appearing in more mature movies. Is there a transition you have to make now that you're getting older and other actresses your age are catching up?
I think the transition is all age, all look, it's all saying, "Can you play the adult characters?" and not being overly sexualized and not doing all that stuff. It really is going, "I want to play the adult characters but I'm not going to do what a 20-year-old does." You know what I mean? In the fact of sexualization and all the other stuff.

So what's your niche?
I think it's just realism, to be honest. I think my strong suit is being able to show realism within some of the most unrealistic characters.

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Top 10 craziest Stephen King deaths

Remaking Carrie isn't the worst idea — but some of these movie kills may be

METRO

The Running Man

Death: Buzzsaw to crotch.

Stuck in a violent reality show, Arnold Schwarzenegger is forced to kill, turning a guy named Buzzsaw's buzzsaw against him.

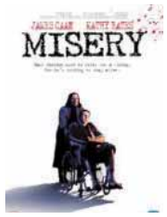
Killer catchphrase: "This saw is part of me. And I'm going to make it part of you," the late Buzzsaw said.

Misery

Death: Head trauma from pig.

Finally free after being kidnapped by "biggest fan" Annie, disabled author Paul jabs her eyes out, feeds her a burned book and, finally, bashes her head in with a cast-iron pig.

Killer catchphrase: "Eat it till you choke, you sick, twisted f—," Paul said to Annie.



The Mist

Death: Squeezed by tentacle.

After running away a lot from … a mist, our heroes finally meet an alien octopus in a grocery store. It rips the chest off a stockboy and drags him into, well, the mist.

Killer catchphrase: "Oh s—, oh s—, oh s—," said by a guy in the store.

Thinner

Death: Murdered by strawberry pie.

Cursed by a gypsy, a fat lawyer loses weight, and his sanity, feeding his wife a cursed pie. The next morning, he wakes up beside her cursed corpse.

Killer catchphrase: "Is it strawberry? My favourite," says the lawyer's wife.

Creepshow 2

Death: Eaten by an oil slick.

…on a lake, while high. Don't do drugs, kids.

Killer catchphrase: "It ate Rachel. It f—' ate her up. What is this thing?" said by a high kid.

Maximum Overdrive

Death: Killed by soda machine.

In a world where machines are evil, avoid the vending machine. It spits out cans real fast. Right into a baseball coach's head.

Killer catchphrase: "Huh?" said by the coach right before a soda can hits him in the nuts.

Pet Sematary

Death: Sliced, diced and chewed by zombie child

Back from the dead, little boy Gage attacks his elderly neighbour with a scalpel — slicing his heel, then his cheeks, before biting into his neck.

Killer catchphrase: "Come play with me daddy," said by the zombie child.

Carrie

Death: Burned by electrocution and fire.

Drenched in pig's blood after a prank at the school dance, vulnerable student Carrie uses telekinesis to lock the doors and set the place ablaze.

Killer catchphrase: "They're all gonna laugh at you," Carrie's mom said in a voice-over

Sleepwalkers

Death: Stabbed by corncob.

In a movie about mother-and-son incestuous vampires who turn into bipedal werecats, a woman stabbing a sheriff in the back with a corncob makes perfect sense.

Killer catchphrase: "No vegetables. No dessert," said by the crazy werecat mom.

Dreamcatcher

Death: Pooped out worm.

A big worm too. And it's an alien. The cast find themselves in very deep doo-doo.

Killer catchphrase: "What…do you want?" said the guy from Homeland.

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Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**

Online

Find more of the tenors on Metronews.ca

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.
- **Find out more.** Visit bigbrothersbigsisters.ca to learn more about the organization.
- **Contest.** Your could-win a chance to see The Tenors perform in Vancouver! Go to clubmetro.ca to enter.

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Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves and always made them feel like members of the family. It's taught us to always care for others and never judge those who find themselves in difficult situations."

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future moments you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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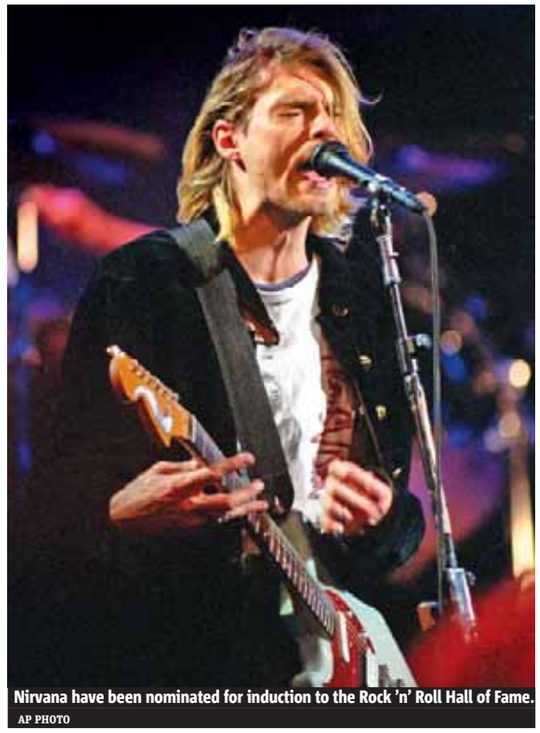
Big names bag their first Hall of Fame nominations

Rock 'n' Roll immortality awaits.
Nirvana, Peter Gabriel and Linda Ronstadt among the 32 acts vying for induction



Nirvana have been nominated for induction to the Rock 'n' Roll Hall of Fame.
AP PHOTO

Nirvana, Linda Ronstadt, Peter Gabriel, Hall and Oates, and The Replacements are among first-time nominees to the Rock and Roll Hall of Fame.

The hall of fame announced its annual list of nominees Wednesday morning and half the field of 16 were first-time nominees. YES, Link Wray and The Zombies also received their first nominations.

More than 600 voters will determine the class of 2014. Inductees will be announced in December and a ceremony will be held next April in New York. The induction will be aired on HBO in May.

Nirvana is nominated in its first year of eligibility. If selected for induction, the band would enter the hall of fame almost exactly 20 years after frontman Kurt Cobain's suicide at age 27.

Ronstadt receives her first nomination not long after she shared news that she has Parkinson's disease. Fans have long questioned her absence from the hall's roster of stars. Similarly, long-denied YES joins the list after Rush finally struck a blow for prog rock with its induction earlier this year.

Repeat nominees are KISS, LL Cool J, N.W.A., Cat Stevens, Deep Purple, The Meters, The Paul Butterfield Blues Band and Chic. It's the eighth nomination for Chic since 2003, but comes as co-founder Nile Rodgers is enjoying widespread attention after his collaboration with Daft Punk earlier this year.

KISS, LL Cool J and Stevens return to the list after absences of several years.

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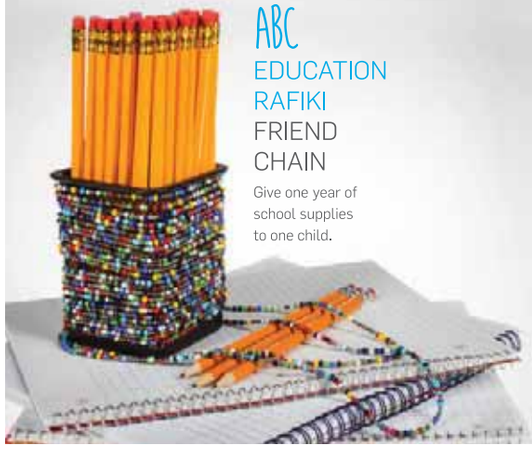

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Easy Ryder Serena enjoying the journey

Harmony. Despite her platinum-selling album gaining fans daily, the Canadian songstress remains grounded, loves kids and seeks out adventure

MIKE BENHAIM
scene@metronews.ca

It's been seven years since the song Weak in the Knees first drew my attention to this Canadian singer-songwriter, though in fact, she had already been producing music for the better part of a decade. Now on the heels of a North American tour with OneRepublic, her 2013 Juno-winning, platinum-selling album Harmony is gaining fans daily. With hits like Stompa and What I Wouldn't Do flooding the airwaves of late, the multi-talented Serena Ryder graciously allowed me a peek at the person behind the voice.

You've shared the stage with some amazing icons. In 2011, you toured and performed with Melissa Etheridge. What did that do for you?
It's turned into a friendship. She's an awesome woman and person. Some people think it's important to create a stage persona, but I've always felt more comfortable being myself. The inspiring thing about Melissa is that she's down to earth, on-stage and off.

How about artistically?
Musically, her blood runs authentic rock 'n' roll. She's influenced so many people just by being a part of it. Genuine artistry like hers over a 25-year career has to impact many artists, sometimes even inadvertently.

You participated in "We Day". Was there some special connection for you?
Absolutely. It was important to me. I believe that every little bit counts and everyone can affect change. I've always connected with kids. I was a nanny for five years. Children really hold the world in their hands without knowing it, but give them the tiniest inspiration and incredible things inevitably happen. So, 20,000 kids changing the world? To be part of that just blew my mind.

Nobodies who are everybodies?
Exactly. And that's what music does. It brings people from different cultures together, changes the way they see things and maybe awakens something. Hey, even smiling at someone on the street can change their day.

So what is your idea of perfect happiness?
Satisfaction.

When you can afford it, what is your greatest extravagance?
First class travel.

Amen to that! What do you consider the most overrated quality?
Looks.

If you could change one thing about yourself, what would it be?
Looks.

Alright, if you were granted a super-power, what would it be? Looks?
Flying.

What quality do you look for and admire in your friends?
Self-love.

We seek inspiration, but often it finds us. Who is your real-life hero?
I worked as nanny for a vivacious woman named Joanne Calderon. I observed her love for adventure, art and beauty, and that inspired me to follow my passion for those things as well.

What advice would you offer a young aspiring artist pressured to choose the safer path?
The person you need to trust more than anyone is yourself, but go about it based on what you feel and need, not pointing at what anyone else is doing to you. If your parents say something that rings true to some part of you, you need to listen to that too. Say, "I would love to be respected for my decision," and then set out to earn that.

You already have, Ms. Ryder, and now, I must call my mother.

Serena Ryder's platinum-selling album Harmony is gaining her new fans every day. CONTRIBUTED

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Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

Twitter

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I refuse to speak Starbucks until I've actually learned Italian.

@Rihanna
420'ish

@SarahKSilverman
Just a quick reminder: other people exist

Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.
The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT
Metro World News

Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Eliza Doolittle's track Big When I Was Little would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track You & Me and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album In Your Hands (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?
I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?
Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous and wear black?
I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?
Music is the only thing that is going to be there for me no matter what. So when I finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?
Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items

Yon-Ka
Crème PS, $56, yonka.com

Clinique
Chubby Stick intense moisturizing lip colour balm, $17, clinique.com

Kevyn Aucoin
Celestial Bronzing Veil, $48, kevynaucoin.com

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SO thankful for my precious girls! Bekky @qualityslippers + Joey @joeyoneil #happythanksgiving

At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report

- One of the bolder trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

PHOTO COURTESY OF SEPHORA.CA

Canadian street style

Spotted in: Toronto

Shanti

Student

What she's wearing
Black Naturalizer heals, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration
"My mother. She saved a lot of her clothing from when she was younger, and now I wear them all."

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Muskoka in October is full of fun and family-friendly activities. On October 19th, Huntsville's Arrowhead Provincial Park will host *Running Scared*, a five kilometre run where participants register as either a zombie or a human. If the zombie apocalypse isn't your thing, head to Uptown Gravenhurst for *Let the Spirits Rise* on October 26th. The event offers lots to do like a 1000lbs pumpkin carving demonstration. October 31st will see the *25th Annual Great Pumpkin Trail*, a great social event where kids collect candy through the decorated Pioneer Village in Huntsville.

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A lasagna that levels the playing field between novices and experts

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

Slow-Cooker Lasagna

This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in The Can't Cook Book. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture. Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready).

RECIPE COPYRIGHT © 2013 BY JESSICA SEINFELD FROM THE CAN'T COOK BOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)
- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

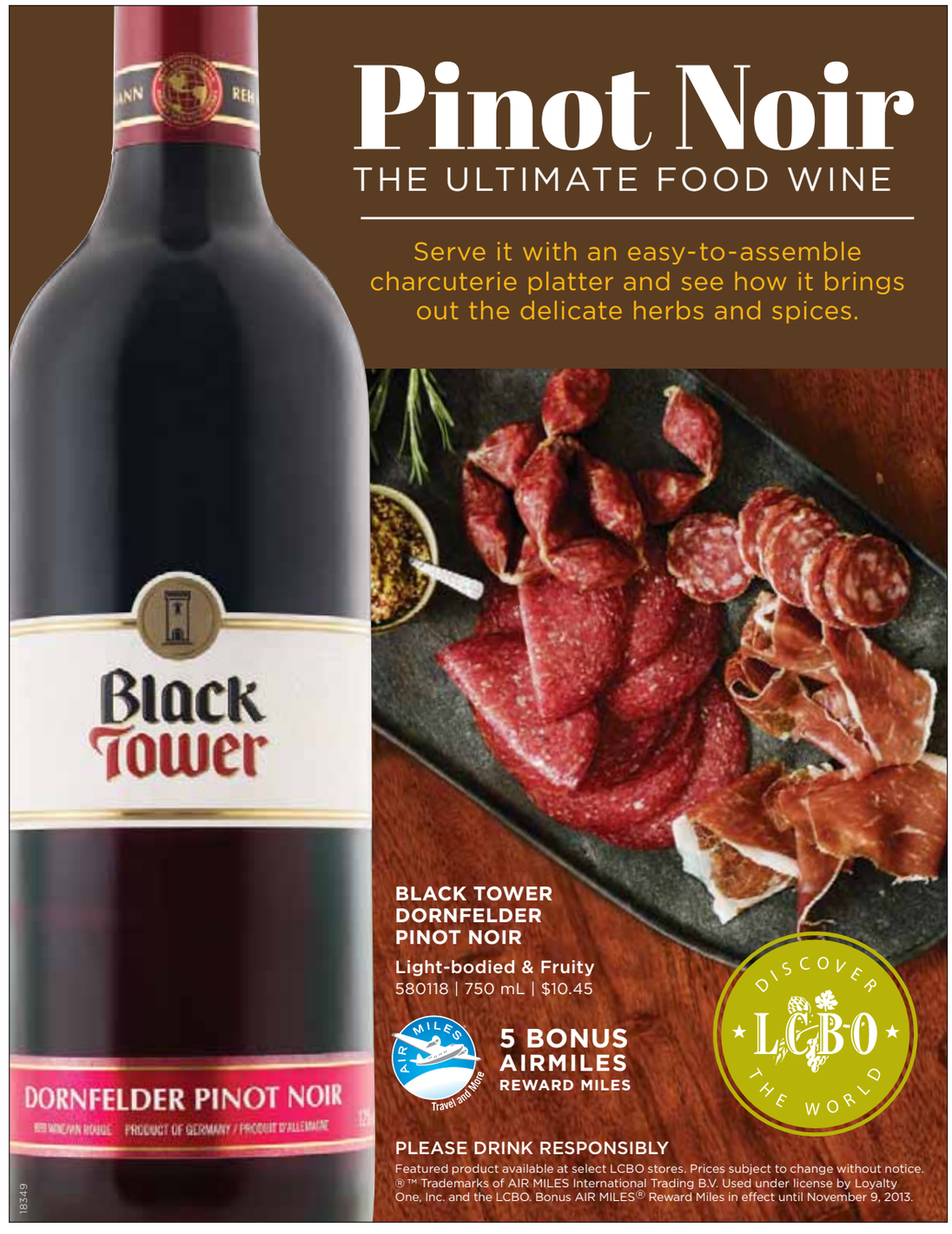
Cookbook of the Week

Conquer the kitchen

If you and the kitchen don't get along, Jessica Seinfeld's The Can't Cook Book is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with The Can't Cook Book are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. METRO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Why the buzz about placemaking?

City life. Planners are trying to bring the feel of downtown to the GTA's satellite urban centres

CONDO TRENDS
Duncan McAllister
life@metronews.ca

We hear a lot these days about placemaking, one of the new buzzwords in our contemporary lexicon. It is essentially the process of building vibrant, mixed-use neighbourhoods.

Placemaking is actually not a new idea. City planners and architects coined the term in the 1960s to describe the process of creating interesting cityscapes — animated streets, parks, waterfronts and public squares designed for people rather than cars.

Live Work Learn Play Inc. is a real-estate consultancy firm based in Toronto and Montreal, with expertise in city, community and downtown building. It's the brainchild of two partners with a background in building resorts worldwide who have now applied their experience to creating vibrant urban villages.

Principal Rob Spanier talks to Metro about the concept of satellite urban centres, a solar system of cities, as it were. As Toronto has its downtown core, so do the outlying suburban centres, interconnected by arteries of modern highways and mass transit.

"Everybody's looking for the downtown heart. Everybody's looking for that walkable pedestrian environment in the suburbs and in the exurbs," says Spanier. "With the continued development throughout the GTA, people are basically demanding urbanity."

Why stop at one?

"(There's) going to be seven or eight or 10 downtowns. My ultimate goal would be to see them all have their own real environment of downtown."

Rob Spanier of Live Work Learn Play Inc.

The concept of creating lively public spaces and inviting neighbourhoods is the core of the placemaking philosophy and design process. This multi-faceted approach to mixed-use development aims to capitalize on the assets of local communities like Vaughan, Burlington, Richmond Hill and Markham.

"The light bulb went off for me about seven years ago which was, there's going to be seven or eight or 10 downtowns. My ultimate goal would be to see them all have their own real environment of downtown," says Spanier.

The team at Live Work Learn Play are leading the development and implementation of the retail strategy for the Athletes' Village for the 2015 Pan/Parapan American Games.

They've worked on a long list of high-profile developments such as the Shops at Don Mills, Downtown Mississauga, Toronto's Entertainment District, Harmony Village, Vaughan Metropolitan Centre and Waterfront Toronto.

Spanier's company gets involved in many facets of a project, from envisioning, planning, programming, guiding and directing the design and development, all the way through to approvals, collaborating with both developers and municipalities.

"The world is changing in terms of development in our opinion, where the public sector has as much of a vested interest in these developments as does the private sector. So working together to make those things happen is critical," says Spanier.

Live Work Learn Play Inc. provided consulting services for Toronto's East Bayfront waterfront development.
COURTESY WATERFRONT TORONTO

The firm is also leading the development and implementation of the retail strategy at the athletes' village for the 2015 Pan/Parapan American Games. Shown is the Canary District Condominiums.
COURTESY WATERFRONT TORONTO AND CANARY DISTRICT CONDOMINIUMS

Legal Matters

Last-minute billing changes

I bought a new condo from a developer in downtown and my lawyer has sent me the closing statement of adjustments. The purchase price was a specific amount, but now I see it's been increased by several thousand dollars. Can a builder make this arbitrary change at the last minute?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Typically, the stated amount in the contract is the amount that should be considered when finally closing the condo.

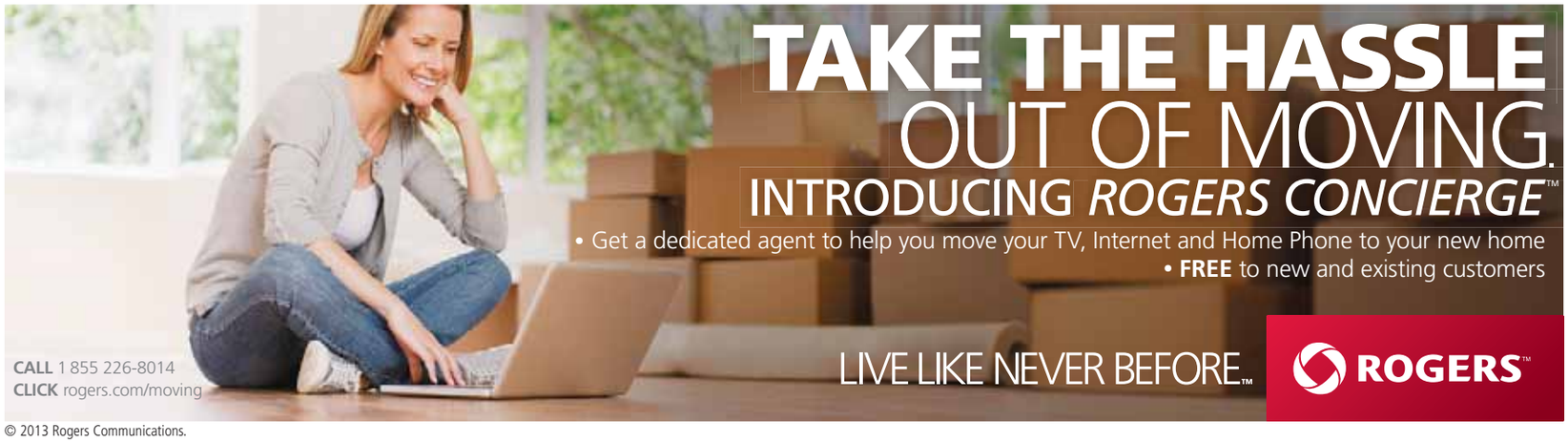
There's one exception that I've seen recently. If the builder isn't 100-percent sure of the floor space of the condo, they can insert a provision in the agreement of purchase and sale that allows for the purchase price to be adjusted on closing.

This gives the builder the flexibility to change the floor plan. The clause should work both ways, so that if the living unit is smaller than the builder estimates, there should be a reduction in the purchase price.

Conversely, if the footage has been increased, then the builder can adjust the purchase price upward.

Either way, with this type of adjustment mechanism, you are paying for exactly what you're getting.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca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Biyu comes to Emerald City

A rendering of ELAD's Biyu at Emerald City. CONTRIBUTED

Meet the condo

- **What.** Biyu at Emerald City
- **Location.** Sheppard Avenue and Don Mills Road
- **Builder.** ELAD CANADA
- **Architect.** WZMH Architects
- **Sizes.** 495 to 840 square feet
- **Pricing.** From the mid-$200,000s
- **Building.** 13 storeys, fourth building in project
- **Suites.** One bedroom, one bedroom plus den, two bedroom and two bedroom plus den
- **Status.** Registration phase
- **Website.** biyucondos.com

The project overview

Biyu is the fourth building in ELAD's successful Emerald City, a master-planned community project in Parkway Forest in North York, situated on an elevated knoll that provides a panoramic view of the entire Toronto area.

Location and transit

The Don Mills subway station is just a few steps away, and city buses are available in all directions. Drivers have access to the Don Valley Parkway and Highways 404 and 401.

In the neighbourhood

Fairview Mall is located across the street. Boutiques, major department stores, movie theatres, restaurants and a multitude of service venues from hair salons to travel agents are within walking distance.

Building amenities

The condo will have an indoor pool, a whirlpool opening onto an outdoor terrace, a fully-equipped fitness centre, a multi-purpose games room, a media room and a party room with dining room, lounge and terrace.

Lengthy process

The cost of delays in new developments

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

Last week, the Ontario Association of Architects (OAA) released a report outlining the financial impact of delays in site-plan reviews on new home buyers, jobs and the local economy.

BILD was consulted in the early stages of the preparation of this document and our Toronto chapter chair Gary Switzer and active BILD representative Darryl Keleher of Altus Group both acted as panellists in a recent symposium for the launch of this report.

The report revealed that the site-plan approval process in this province is often delayed anywhere between six and 12 months, with more than 35 per cent of applications awaiting approval for at least nine months. Research showed that each additional month ends up costing a new home purchaser approximately $2,375 as a result of costs passed on through higher prices, lost equity by not starting a mortgage sooner and additional rent costs.

That's a considerable cost for new home buyers who are already burdened by record-high prices across the GTA. Affordability continues to be a challenge for anyone looking to buy a home in our region, which is a direct result of constrained land supply, stricter mortgage lending rules and rising government fees and charges.

According to RealNet Canada, BILD's official source for new home market intelligence, the average cost of a high-rise home in the GTA is more than $436,000. While condominium pricing has been relatively stable over the past year, the average selling price for a high-rise home has increased by 61 per cent since 2005.

While this is the first report to quantify the cost of delays in the site-plan approval process, it points out what BILD has been saying for several years. We have repeatedly pointed out that the existing approval process is working against overarching public policy goals, such as the intensification targets of the Growth Plan.

As OAA president Bill Birdsell pointed out, this report clearly shows the site-plan approval process is inefficient and costly, with the costs passed along to all Ontarians.

What's hot on the condo market

DUNCAN MCALLISTER

1. Midtown

Join HGTV's Esther Extraordinaire and the Condo Mall for a free home makeover event at Royal LePage West Realty, 306 Eglinton Ave. W., Oct. 17 at 7 p.m. **FOR RESERVATIONS, CALL 416-544-1144 OR VISIT THECONDOMALL.COM/ESTHER**

2. Queen West

Preview Launch: TWENTY by Streetcar at Queen and Gladstone. One and two-bedroom lofts. Oct. 19 from 12 to 3 p.m.

TO RSVP, CALL 416-690-9009 OR VISIT 20GLADSTONE.COM

3. Parkdale

Condo buying seminar with three industry experts, 383 Sorauren just south of Dundas. Oct. 22 from 6:30 to 8:30 p.m.

TO RSVP, CALL 416-588-0383 OR EMAIL INFO@383SORAUREN.COM

4. Downtown

Grand opening: New model suite at One Park Place condos on Sumach south of Dundas. Head over to the presentation centre at 500 Dundas St. E.

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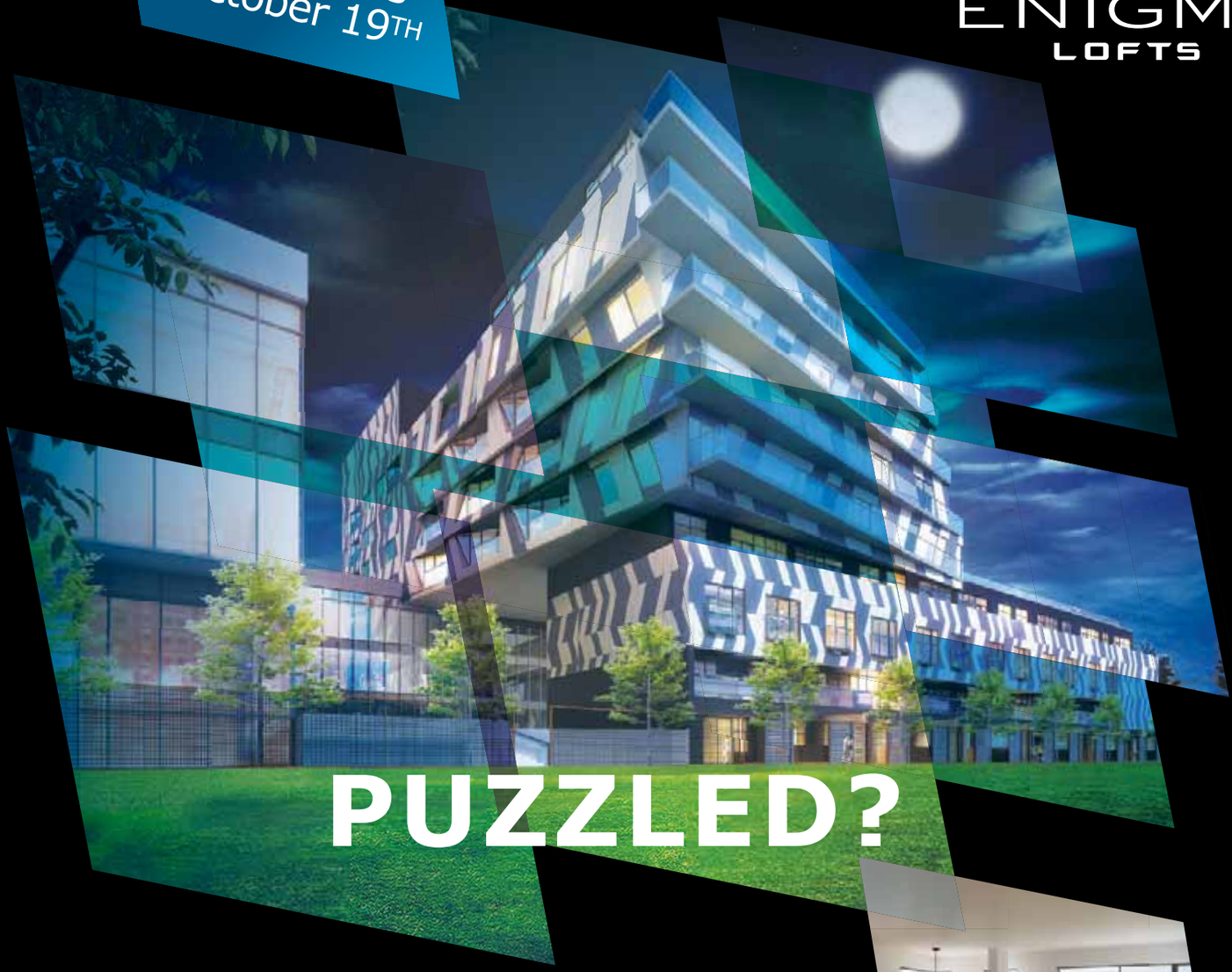

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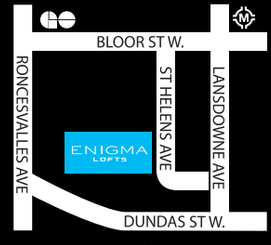

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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your sofa or chair seat cushion; a pillow should never take up more than a third of that depth.
- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, $299, cb2.com.

Pillows become art. Family pillow cover, 12 x 19.5 inches, $50, zarahome.com.

A low glass bowl or tray helps to keep small items organized. Sandia Platter, $65, crateandbarrel.com.

Low vases are best for coffee and cocktail tables. Miramar vase, $91, crateandbarrel.com.

Add life to a corner chair (or simply hide a stain). Mohair plaid throw, $199, zarahome.com.

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A house with a view, inside and out

Renovations. For this beach-house project in Mill Bay, B.C., a vaulted ceiling adds airiness

There's every expectation when invited to a beach house that the most prominent feature will be the view outside. But after stepping inside the house owned by Ken Bartesko and Glenda Griffin, it's impossible not to keep looking up.

The vaulted ceiling's white beams and contrasting black metal tie rods crisscross the structure, creating what the couple said was some much-needed head room over the main living space in the 1,800-square-foot, three-bedroom, two-bathroom home.

When the prospective buyers first viewed the property, the outside was spectacular, with a pond, trellis work and gardens worthy of charging admission.

The beach home didn't come close to matching that. In fact, Bartesko described the house as "dark and tacky" on the first walk-through in September 2011.

But for Bartesko, it was still "love at first sight," and the couple set off with what he called "foolish optimism" when they took possession in November 2011.

What resulted was a year-long renovation odyssey, creating what feels like a huge space without the trouble of putting on an addition.

But the couple also uncovered a long list of problems with the home they at first believed was "affordable waterfront" property.

Located in Mill Bay, B.C., the beach view from the back of the home faces east and overlooks the Saanich Inlet, the Saanich Peninsula and, in the distance, several Gulf Islands. It's about a 30-minute drive into Victoria over the Malahat Highway.

Bartesko is a residential designer with a degree in architecture, while Griffin —who jokes her middle name is Renovate — has been building or renovating her own homes for most of her adult life.

The possibilities lured them in with the first viewing. The ceiling on the 900-square-foot main floor was just seven feet nine inches high, shorter than the standard eight-foot ceiling.

But Bartesko's experience in home design also helped him see the light.

"I stuck my head up into the attic, which was just used for storage, and there was beautiful light up there. There was a window at each end. ... I just saw the potential of opening it all up and vaulting the ceiling and making it one big space."

Griffin said they began imagining what the home would look like with southern-exposure sun filtering down into the living room.

"Once Ken decided what the possibilities were going to be, the beams are big and structural and because the space is not that big the way to make it feel bigger was to make it all one room and give that ceiling the height that it actually deserved, to help make the whole 900 square feet (feel like) 1,700 square feet."

THE CANADIAN PRESS

Full of possibilities

"We love to turn things around and this was just a blank slate. No matter where you looked there was an opportunity to turn it around."
Homeowner Glenda Griffin

An overhead view of the interior of Ken Bartesko and Glenda Griffin's beach house in Mill Bay, B.C. CHAD HIPOLITO/THE CANADIAN PRESS

Whether sitting on the deck or their dock on the beach, the homeowners can see porpoises, seals, otters, eagles and the occasional killer whale.
CHAD HIPOLITO/THE CANADIAN PRESS

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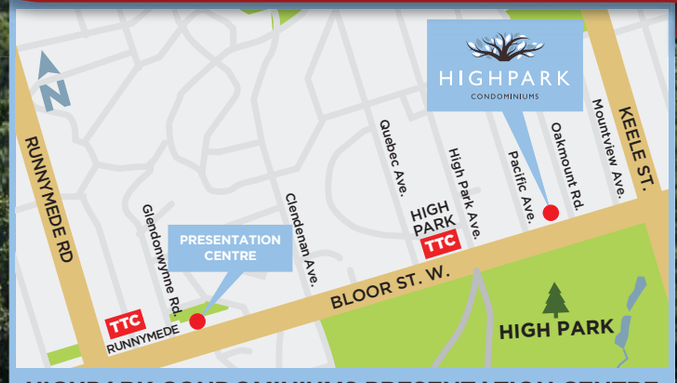

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A warehouse you can call home

Vancouver. Former movie theatres, schools, commercial spaces and more find new life via 'building recycling'

The concept of a house is changing as architects and home owners reinvent the buildings they decide to use for their homes.

Vancouver architect Tim Ankenman has been part of designing many spaces that he calls "building recycling."

Ankenman's designs repurpose abandoned warehouses or even multi-purpose commercial space, including movie theatres, into mixed-use residential spaces.

But the vision for his building recycling is based upon the same approach he uses for new buildings: making sure the spaces have the longest life possible.

"The main motivation for these projects is the environment," said Ankenman. "Even in our new buildings we are designing we try to keep in mind what could happen should that use ever change and we try to design the project accordingly.

"A lot of buildings that are purpose-built are stuck being what they were designed for, and either have to be torn down or undergo extensive renovations in order for them to be reinvented."

Ankenman has recently been involved in the conversion of two abandoned Vancouver warehouses: the Bowman Block on Beatty Street and the Paris Block on West Hastings. While the environmental benefits of recycling old buildings is important, Ankenman said there are challenges such as zoning and seismic upgrades.

"You have to look at everything from the existing foundation to the ability to put in an elevator and new stairs and looking at whether there is the possibility to add storeys to the existing building and have it make economic sense," he said.

For both the Bowman and Paris Blocks Ankenman designed the buildings to accommodate commercial space on the bottom and either penthouses or studio and one-bedroom residential spaces in the upper floors.

Vancouver's Paris Block was converted from warehouse space to residential quarters. THE CANADIAN PRESS

Warehouse loft spaces have become increasingly common in cities like Vancouver, but in Escott, Ont., northeast of Kingston, one entrepreneur brought urban lofts into a former elementary school. John Simpson had originally purchased the school with the intention of converting it to a seniors complex. When he ran into issues with the surrounding farmland he decided to make the school his home with options for generating income through offices and self-storage units.

"My son and my daughter thought I was crazy when I bought it," said Simpson. "I had a beautiful farm where I raised horses, alpacas and llamas. They couldn't figure out why I would go from that to an old commercial building, but I'm a big hit now that I've done it. All the birthday parties, anniversaries and get-togethers are at my place now because of the space."

Switching the building from a 1965 elementary school to something suitable to live in required a considerable financial investment by Simpson. He said the renovation cost between $220,000 and $240,000.

But instead of changing the character of the space, Simpson worked on restoring much of the school's charm and adapting it to his residence. "My living room is at least 2,500 square feet (232 square metres) if not more," he said. "I was able to bring back the original clay tile floors and in the rest of the house, like the bathroom, I restored the terrazzo floors."

In Simpson's bedroom, which was once the former school's performance stage, he brought back the original birch floors. "A lot of it was in great shape but needed to be revamped," he said.

THE CANADIAN PRESS

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Stocking your toolbox, Amish-style

DIY. Craftsmanship is at the forefront as rapper and renovator Vanilla Ice heads to Ohio to learn from the masters

Hand tools are great for both beginner woodworkers looking to learn basic skills and seasoned professionals wishing to take their craft to the next level. With some essentials like a hammer, a screwdriver set, some wrenches and a small investment in the following tools, it's possible to create basic furniture pieces like chests or chairs with unique character.

In his new renovation show, rapper-renovator Rob Van Winkle, better known as Vanilla Ice, heads to Holmes County, Ohio, the largest Amish settlement in the U.S., to see traditional workmanship first-hand.

Chisels

There are hundreds of chisels available, but owning just a few of these versatile tools will help make any project easier. Chisels are incredible for simple tasks like removing glue, and they can also create a guide to make hand sawing easier and more accurate.

With the right type and shape, chisels can even replicate impressive dovetail joints often seen on drawers or chests. It's important to make sure the chisels are sharp before using them, as dull blades could damage the wood or lead to injuries.

Hand plane

A hand plane is made up of a body that acts as a grip and a narrowly protruding knife on the bottom that strips thin layers of wood. Planes are excellent for producing flat and smooth surfaces. It's a useful tool to have around to shave down doors that stick instead of hand sanding or buying a power sander.

To add detail to your project, use a hand plane to give your edges a nice bevel. Like chisels, there are many different planes available, so talk to a professional to make sure you have the right one for the job.

Draw knives and spoke shaves

Draw knives and spoke shaves consist of a blade with a handle on either side, similar to the shape of bicycle handles. Both are great for carving out curves to make beautiful chair or table legs.

Draw knives remove a lot of excess material quickly and are excellent for starting a curve. The spoke shave removes less material but is better for refining a curve and adding detail. Raising or lowering the handle on a draw knife helps control the depth of the cut, whereas a spoke shave has built-in adjustments for more accuracy and finer cuts.

A finished kitchen from the premiere episode of Vanilla Ice Goes Amish features marble counter tops, hardwood cabinets and gas lighting fixtures.
COURTESY MICHAEL F. MCELROY/HGTV

With traditionally large families, Amish kitchens see a lot of action, and the idea in this case was to create a better design for family gatherings. Van Winkle worked with a local construction crew on the project.
COURTESY MICHAEL F. MCELROY/HGTV

Vanilla Ice Goes Amish

- Follow Rob Van Winkle as he joins the Amish to learn the lost art of hand craftsmanship in Vanilla Ice Goes Amish, Sundays at 10 p.m. ET/PT on DIY Network Canada.

Go with the faux

Decorative finishes.
Transform your home into something it's not using a few visual tricks

Phoebe Taylor's 20-year-old suburban Atlanta ranch house began plain and "builder grade."

A professional decorator, she transformed it with faux-wood beams, decorative moulding and a gold-spun paint job that looked like "soft marble." Her vision: "What our dream house would have been if we had gone out and bought it."

It's called Going Faux — turning homes into something they basically are not through prefab architectural embellishments and eye-tricking wall finishes. Enthusiasts say there's no reason for even the most budget-conscious among us to live a cookie-cutter existence.

"My house was not an expensive house. But even the million dollar houses don't have this kind of detail," says Taylor, adding that she recently sold the house in just one day.

Other "faux" features to consider include ceiling decals that look like parts of elaborate chandeliers, cabinetry embellishments and painted wainscoting.

Lee Gamble, a Steamboat Springs, Colo.-based designer and painter who specializes in faux finishes, says a homeowner can change anything with desire and patience — even ambitious projects like, say, making the interior of a standard subdivision home look like a cozy Tudor or classic Colonial, or like something out of the rustic West.

The Internet is a DIY decorator's best friend, she says, offering inspiration and sources for adding architectural and decorative elements to a home.

Next is paint, which Gamble calls "the cheapest way to improve your house" — and it's about more than just giving the walls new colour.

Paint can be used to create illusions of architectural elements. For example, you can use blocks of colour on walls to create the look of moulding, or three variations of one colour for a three-dimensional look — an old technique called trompe l'oeil that can make your home look just a little more like the Palace of Versailles.

Paint can make high ceilings look lower — just extend the ceiling's colour to a lower point on the wall — or give them more height by going dark. Using different colours on the top and bottom halves of a wall can create the look of wainscot, Gamble says.

Ornamental appliqués that adhere to anything from cabinetry, walls, mantels and moulding to furniture and picture frames add ready-made detail without breaking the bank, she says.

The decorative appliqués, which can be painted, stained or glazed, are particularly helpful in transforming the look of kitchen cabinets.

"If they are in good shape and the flow works for you, then there is no reason to change them out," Gamble says, adding that the appliqués, paint and new cabinetry hardware can transform a "builder-grade kitchen" to any style from classic to contemporary.

"Suddenly you have a new kitchen," she says.

The products that make such projects possible are becoming easier to use, home designers say.

The manufacturer Fypon, for example, makes synthetic ceiling beams and medallions and decorative millwork that are lighter and more manageable than real wood, Gamble says.

Decorative millwork like, say, a sunburst pediment over a door, is an easy improvement to a room, says Kathleen Ziprik, a Fypon spokeswoman. THE ASSOCIATED PRESS

A faux medallion accents a wall in a residential home. Adding architectural and decorative elements such as faux-wood beams, medallions and moulding enhances otherwise simple rooms. COURTESY FYPON/THE ASSOCIATED PRESS

Faux-wood beams enhance a kitchen ceiling in a residential home. COURTESY FYPON/THE ASSOCIATED PRESS

DIY upgrade

"I have seen some trailer homes that have more personality to them thanks to paint, sweat equity, buying some lumber, and their owners using their creativity."
Lee Gamble, a designer and painter who specializes in faux finishes

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Prairie plantings' natural grace

Gardening. This style of landscaping features native plants grouped in a natural-looking way, but it's a great fit with an urban setting

You don't need to live on the prairie to have a prairie garden. Natural landscapes featuring mainly native plants are being sown in yards across North America as environmentally friendly alternatives to turf grass.

These durable plant combinations include flowers, shrubs and trees. They require little attention, add year-round colour and interest and provide wildlife-friendly habitat.

"Many species found in prairies are native to other plant communities found outside the Midwest, such as woodland openings, meadows and barrens, as well as mountain and desert habitats," says Lynn Steiner of Stillwater, Minn., author of Prairie Style Gardens. "And even if these plants aren't native to your area, they are still often better choices than exotic plants that come from outside North America."

City and suburban gardens often aren't large enough to support meadows, but many prairie plants adapt well to smaller spaces, she said.

"They tolerate less fertile soils, reducing the need for synthetic fertilizers. They thrive on less water, reducing water use. And they don't require heavy fossil-fuel input from mowing and trimming," Steiner said in an email.

Margaret Brittingham, an extension wildlife specialist with Penn State University, said it takes some effort to get prairie plants established "but once done, they're easy to handle."

"They're great for attracting birds and butterflies," she said. "You can use them for cut flowers, too."

Design suggestions

- Create borders using hedges, mowed edges, low fences or walkways. They act as buffers, keep plants from obstructing sight lines and frame an otherwise natural landscape, Brittingham said.
- Start small. Save money by converting from turf to meadow in manageable yet visible pieces. First, eliminate any trouble spots on the lawn, and then expand gradually, mimicking nature's processes of gradual succession.
- Find the right plants for the right sites. Don't plant sun-loving prairie flowers under shade trees, or plants that like their feet dry in low spots that collect run-off.
- Go native. Non-native species generally have less wildlife value, Brittingham said, and are often invasive, eliminating many native species. Check the noxious weed control lists issued for your area and ensure that none are included among the seeds you sow or in the containers you plant.

THE ASSOCIATED PRESS

If you're visiting Chicago, head to the Lurie Garden in Millenium Park for a spectacular example of natural-looking garden design. CITY OF CHICAGO

Purple coneflower is a staple of prairie-style gardens. ISTOCK

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A man with a vintage typewriter sits on New York City's High Line in front of natural-looking plantings of black-eyed Susans, Joe Pye weed and grasses. ISTOCK

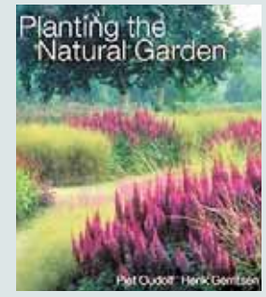
Another view of plantings on the High Line. WILL STEACY/NYCGO.COM

Verbena bonariensis, the purple-flowered plant shown growing here with fountain grass, is not a native plant of North America but still lends itself very well to natural-style plantings. ISTOCK

For more inspiration

- **Chicago's Lurie Garden:** luriegarden.org
- **New York City's High Line:** thehighline.org
- **Piet Oudolf:** oudolf.com/piet-oudolf

Celebrated garden designer Piet Oudolf worked on both the above projects. Some of his books are shown at right.



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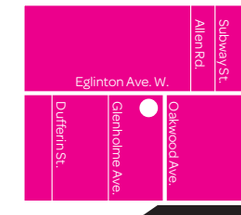

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Think there's only one way to use a pumpkin?

Seasonal projects. From bird feeders to vases, here are some creative ways to use that iconic squash

When is a pumpkin not a pumpkin? When it's a jack-o'-lantern, sure, but Halloween's jolly orange elf can be so much more.

"For me, it's like my favourite time of year when you see them out in the marketplace," said Marcie McGoldrick, editorial director of holiday and crafts for Martha Stewart Living magazine.

Whether outside or at a party, pumpkins are an "icon of the season that people really try to transform every year," she said. "It's always fun to see what people do."

Pumpkin bowling

Decorate butternut squash like bowling pins and set them up on grass to entertain kids. Arm your young guests with a smaller variety, sugar pumpkins, leaving the stems on for easy slinging down the "lane," McGoldrick suggests.

"The stems are really strong and make it easy for kids, and the pumpkins will still roll." Another good kid game: pumpkin leap frog, she said.

Pumpkin coolers

Cut a carving pumpkin open about a third down from the stem, or wide enough to accommodate wine, beer and soda. Clean and fill with ice. Insert a plastic or glass bowl to prevent leakage or softening as ice melts.

Carve out toothy jags around the lip for effect. You can paint the pumpkin ghostly white or spooky black and adorn with store-bought webs crawling with faux spiders.

Pumpkin vases

Rather than cut, scoop and fill with ice, how about cutting, scooping and poking in your favourite seasonal flowers? Try orange Chinese lantern flowers. Or go for scary flourishes like faux flies and snakes wending through wilty blood red roses.

Fill with dirt and use a pumpkin as a planter that can go straight into the ground after a few days on Halloween duty. Arrange small pumpkins, colorful gourds, Indian corn and crunchy leaves in a windowbox.

Pumpkin servers

Cut, scoop, clean and brush insides with oil. Season and bake on a baking sheet as individual servers for soup. Or use them raw for crudites or candy. Punch bowl? Yes, with a regular bowl inside. McGoldrick said individual servings of stew might also be good in a seasoned, softened pumpkin bowl.

Pumpkin candle holders

Pumpkins are often set alight by votive candles, but try poking holes and turning them into candlesticks. Or cut out the stem and nestle a little tea candle in the crook of an uncut pumpkin. Find a tall, narrow one and add an inexpensive glass hurricane top to be lit by a votive.

THE ASSOCIATED PRESS

For the birds

- Why should humans have all the pumpkin fun? Create bird feeders by poking holes along the pumpkin's sides for hanging with rope by a tree branch, or just leave one sitting on a fence post.
- Scoop and cut a wide hole or scoop, clean and cut smaller holes with perches. Any birdseed would work. Live in deer country? They'd appreciate a pumpkin, too.

Flowers are arranged in a pumpkin that's been carved to look like Jack Skellington from The Nightmare Before Christmas.

PETER KRUMHARDT/MEREDITH CORPORATION/THE ASSOCIATED PRESS

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For Halloween party decor go with creepy — not cute

Halloween, the holiday built around the twin pleasures of playing dress-up and eating too much candy, is obviously a hit with children.

But send invitations to your grown-up friends and you'll probably find they haven't outgrown the urge to don creepy costumes and celebrate in spooky, theatrical style.

Want to host a party that merges Halloween fun with grown-up sophistication? Turning your home into a haunted mansion is surprisingly easy, says interior designer Brian Patrick Flynn, founder of Flynnside Out Productions. Just ditch the cheerful orange pumpkins and smiling ghosts for darker, more creative decor. "Stay away from anything cute," Flynn says, "and instead opt for creepy chic."

Here Flynn and two other design experts, Jon Call of Mr. Call Designs and the latest HGTV Star winner, Tiffany Brooks, offer decorating advice for a memorable, stylish and affordable Halloween party.

Natural fabrics

Cheesecloth evokes ancient mummies, while burlap brings to mind scarecrows. Both fabrics are inexpensive and lightweight, but sturdy — perfect for Halloween party tablecloths.

These solid-colour pieces also have a more adult feel than the whimsical prints on Halloween tablecloths or napkins designed for kids.

Call likes using large sheets of brown craft paper on buffet tables or as a runner down the centre of a Halloween dining table. Cluster small gourds (the darker and more oddly shaped, the better) along the runner, he says, then add a few large pillar candles.

Flynn says you can make your home's entryway extra creepy by soaking large pieces of cheesecloth in tea, then shredding the cloth once it's dry. Hang the pieces from the ceiling above your porch or drape it from walls with a few well-placed nails to conjure up the feel of a haunted house.

Dark and dangerous colours

All three designers suggest using a muted palette of greys, browns and black. Brooks suggests spray-painting pumpkins glossy grey to create a glamorous centrepiece. Use orange only as an accent, Flynn says, perhaps adding a few orange napkins to an otherwise black and grey table setting.

THE ASSOCIATED PRESS

For this inexpensive but spooky Halloween party display, designer Brian Patrick Flynn soaked the labels off empty bottles and spray-painted them black. He then used scrapbook labels to add new names such as Eye of Newt and Deadly Nightshade. BRYAN PATRICK FLYNN/HGTV.COM

Here, designer Brian Patrick Flynn creates the illusion that Halloween party guests will become the feast by adding pairs of black leather belts to chairs. BRYAN PATRICK FLYNN/HGTV.COM

Weird walls

- Take down any cheerful artwork and replace it with old portraits from thrift shops or flea markets. Halloween stores sell deliberately creepy portraits made for this purpose, but it's more fun to hunt down real paintings, says Flynn.

Dodgers revive their bats to take Cards deep 4 times

The Dodgers' Adrian Gonzalez strokes one of his two home runs against the Cardinals on Wednesday in Los Angeles. JEFF GROSS/GETTY IMAGES

MLB playoffs. 'This series is only getting started': Gonzalez sparks L.A.'s offence with 2 homers, 3 runs

Adrian Gonzalez homered twice and Zack Greinke gave the Los Angeles Dodgers the clutch performance they needed in a 6-4 victory over St. Louis on Wednesday that trimmed the Cardinals' lead to 3-2 in the NL championship series.

Carl Crawford and A.J. Ellis also went deep for the Dodgers, who rediscovered their power stroke just in time to save their season. They held on in the ninth inning, when St. Louis scored twice off closer Kenley Jansen before he struck out pinch-hitter Adron Chambers with two on to end it.

The best-of-seven series shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for the Dodgers against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"This series is only getting started," Gonzalez said. "We like where we're at."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

THE ASSOCIATED PRESS

Game 5

Dodgers	Cardinals
6	4

Go to metronews.ca for coverage of ALCS Game 4 between Detroit and Boston.

NBA. Ross leads Raps to pre-season win over Celtics

Terrence Ross scored 19 points and Landry Fields added 14 points to lead the Toronto Raptors to a 99-97 victory over the Boston Celtics on Wednesday night.

Although road-weary from playing in Brooklyn the night before the Celtics put up a solid fight against the Raptors, but couldn't keep up with Toronto's reserves in the second half.

After holding a two-point advantage at the break, Boston's offence fell apart late in the third quarter. Unable to score over the final 4:50 of the third, the Celtics missed their final seven shots to close out the quarter and allowed Toronto to go on an 11-0 run to take a 10-point lead into the fourth.

Raptors head coach Dwane Casey relied heavily on his bench in the victory. Jonas Valanciunas was the only starter to appear in the second half or log more than 14 minutes of play as five Raptors players reached double figures in points.

THE CANADIAN PRESS

Special debut

Toronto-born Kelly Olynyk shot 6 for 7 from the floor for 13 points and added nine rebounds in 26 minutes of action for the Celtics.

- "It's something you dream about as a kid," Olynyk said. "Especially growing up in Toronto, being born and raised here. It's definitely special."

Celtics centre Kelly Olynyk guards the Raptors' Amir Johnson on Wednesday night. THE CANADIAN PRESS

NHL

Kane grounded at Jets practice

Winnipeg Jets forward Evander Kane was being assessed by a doctor Wednesday after hurting his leg in practice.

Kane got tangled up along the boards with Anthony Peluso, and Peluso appeared to fall on Kane's right leg.

Kane was seen holding his leg in pain and he was helped off the ice.

Coach Claude Noel described the injury as a "tweak," but said Kane is listed as day-to-day until they have him assessed and find out the seriousness.

THE CANADIAN PRESS

NBA

Chicago fans see Rose back in action

Chicago point guard Derrick Rose scored 22 points with two assists and two rebounds in 22 minutes on Wednesday night in his first game action at the United Center since April 28, 2012, when he tore an ACL in his knee. The Bulls topped the Detroit Pistons 96-81.

THE ASSOCIATED PRESS

Entering the Hall of Fame

"I thought I was dreaming obviously — and I still am."

Curler Russ Howard describing his reaction to the news of being named into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.

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Leafs not perfect but proving critics wrong

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

Phil Kessel, left, and Mason Raymond, with eight points apiece, have been a big part of the NHL's fourth-best offence. STEVE RUSSELL/TORSTAR NEWS SERVICE

The Maple Leafs are nearly 10 per cent of the way through the 2013-14 regular season and not a single NHL team has more points than Toronto does. Let that sink in for a moment. No, let that rush in. Long-suffering fans of this franchise deserve to soak themselves in optimism every once in a while. This is one of those times.

Now, skeptics will point to Toronto's 9-3-1 start to the 2011-12 campaign — and the Leafs subsequently imploding and missing the playoffs that year — as an example of why no one should rush to judgment about their chances of winning this Stanley Cup this season. And while I don't disagree, there's something about this edition of the Leafs that points to brighter days in both the short and long terms.

You'd need the memory capacity of a goldfish to not recall the pre-season hand-wringing and predictions of doom that were coming out of some corners of Leafs Land. But so far, head coach Randy Carlyle's charges have proven themselves to be one of the most skilled, resilient squads in the league. And they've done so under less-than-ideal circumstances; despite David Clarkson's 10-game suspension and injuries to key players (including leading scorer James van Riemsdyk, who missed Tuesday's 4-1 win over Minnesota), Toronto's offence is the NHL's fourth best and the Eastern Conference's second best. The Leafs' power play and penalty kill are both ranked third in the league.

Yes, Toronto has been outshot most nights and their defence corps is, to say the least, a work in progress. But considering where the Leafs were not so long ago, team brass has a lot to be happy with. The off-season additions GM Dave Nonis made — most notably goalie Jonathan Bernier and heart-and-soul centre David Bolland — have made significant contributions immediately. Little by little, they've put pieces in place so that now, Phil Kessel or van Riemsdyk doesn't have to do it all on his own. Now, blue-chip blue-line prospects such as Morgan Rielly can be eased into an NHL role without asking them to play more than 20 minutes a game.

The Leafs are far from perfect. But so long as their core youngsters keep coming through for them, even cynics will eventually have to admit good things are happening in Toronto.

NHL

Carlyle: 'We're not executing at a high level'

It is rather amusing that a team that has won six of its first seven games is on the defensive when it comes to the style of play that it is playing.

But that's life with the Maple Leafs, a team often outplayed in terms of puck possession and scoring chances but one that nonetheless finds itself atop the NHL's Eastern Conference.

And coach Randy Carlyle has been around long enough to know the Leafs' run of good luck — reliance on the combination of opportunistic scoring and quality goaltending — will end.

"I'm sure that there are going to be games when we outplay the opposition and don't win," said Carlyle. "With an 82-game schedule, I know that's coming. I'm willing to bet on it."

It can sometimes be a hard sell for the coach when the team is winning despite itself. The message — of playing harder, of being tougher — can go in one ear and out the other when a team can score its way out of trouble. But it's a message Carlyle continues to send through uptempo, long practices.

"We believe this team has to change from just being a rush team," said Carlyle. "We have to play a style based on controlling the puck more. Dump and chase. Rush.

"We're not executing at a high level. With the puck, puck recovery, transition from defence. It starts with the faceoffs, it starts with a lot of things. We just don't have the puck enough. That's one thing we expect … we can't sit here and ignore it." TORSTAR NEWS SERVICE

Randy Carlyle
DAVID COOPER/TORSTAR NEWS SERVICE

Texans' turnaround

Houston, you have a problem

CATHAL KELLY
Special to Metro

Houston deserves a break. Their local obsession — the Texans — is giving them one. It comes after a long flight down a stairwell.

The first function of NFL equality is that on a given day, anyone can beat anyone else. The second rule is that no good team is ever really bad. Occasionally mediocre, but rarely terrible.

Houston's knocking over beakers in the NFL lab this season. A 12-4 team from last year is suddenly 2-4 and one of the worst in the league.

Over their last five games, Houston has thrown as many touchdowns to opponents as they have to teammates (5) — an NFL record. They're not just failing in all phases of the game, they are discovering new phases to fail in.

Go to metronews.ca for more of Cathal Kelly's take on the Houston Texans.

NFL. Bills' Manuel out another 4-6 weeks

Buffalo Bills rookie quarterback EJ Manuel is expected to miss another four to six weeks now that he's begun rehabbing his sprained right knee.

Coach Doug Marrone was able to provide a more definitive timetable on Manuel's recovery Wednesday after consulting with team doctors. Manuel began working out on his own Tuesday for the first time since being hurt in a loss to Cleveland on Oct. 3.

Manuel has an opportunity to return before the Bills have their bye week off on Nov. 24.

Thad Lewis, who was promoted off the practice squad last week, is set to make his second consecutive start Sunday, when Buffalo (2-4) plays at Miami (3-2). Lewis practised fully on Wednesday after hurting his right foot in a 27-24 overtime loss to Cincinnati last weekend.

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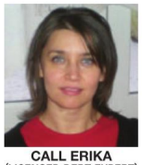

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Horoscopes

♈ Aries
March 21 - April 20
The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus
April 21 - May 21
Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini
May 22 - June 21
You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer
June 22 - July 23
You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo
July 24 - Aug. 23
Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo
Aug. 24 - Sept. 23
It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra
Sept. 24 - Oct. 23
You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio
Oct. 24 - Nov. 22
You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn
Dec. 22 - Jan. 20
The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

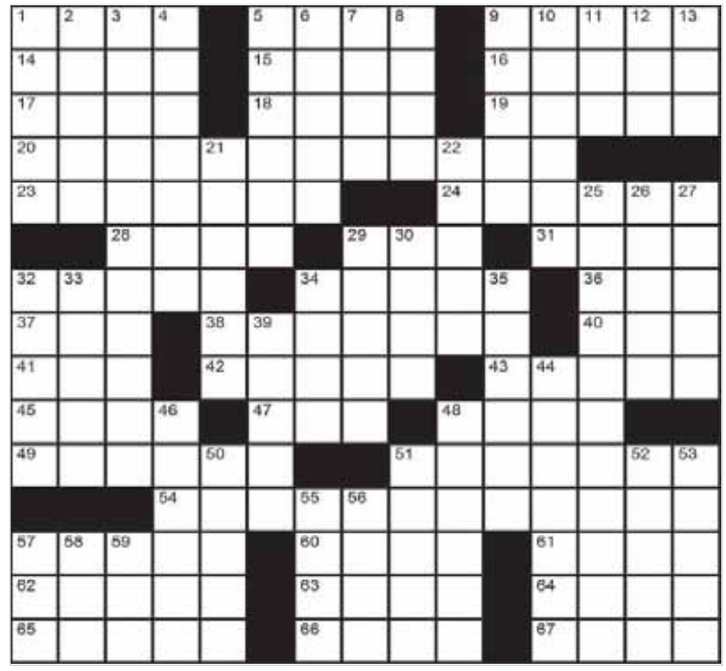
♓ Pisces
Feb. 20 - March 20
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



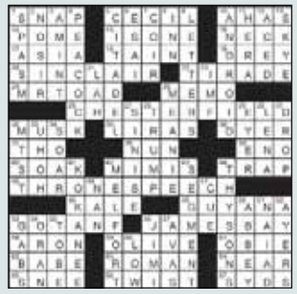
Across

1. Learning basics
5. Rushed letters?
9. Real __ (Authenticity)
14. Billy Crystal sitcom
15. Sleuth's lead
16. Gnaw geologically
17. Money __ __ object
18. __ Saint-Luc, Quebec
19. Novelist Ayn's
20. Info-disclosing-link at a webpage's bottom: 2 wds.
23. Open land area
24. "Frida" or "Ray"
28. Abbrs. in business names
29. '_' __ in Jasper
31. Emperor of Rome
32. Annually, __ _ year
34. "The Crucible" (1996) setting
36. Resume no.
37. Mil. rank
38. River in Alberta; or, Valley in Manitoba
40. Murder trial's li'l bit of proof
41. Grammy competitor, e.g.
42. Gives the cold shoulder
43. Helps in dishwashing
45. His 'n' __
47. Filmmaker org.
48. City of France
49. Help in hockey goal-making
51. "I Will Wait" by __ & Sons
54. Created-in-Calgary cocktail: 2 wds.
57. Where Tripoli is the capital
60. Stench
61. Ailed, __ _ fever
62. Hall & Oates hit: "__ Education"
63. One-minus-One
64. __ a shirt in
65. Analyze/break down
66. Roughly: 2 wds.
67. "What's Hecuba to him __ __ to Hecuba..." - Hamlet

Down

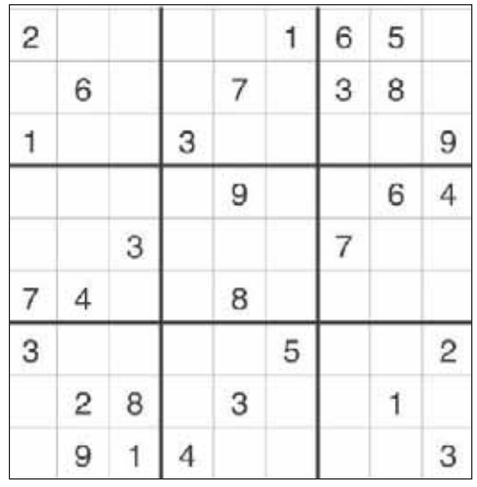
1. Foreigner's "Cold __": 2 wds.
2. Fenway Park baseball team, to fans
3. Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
4. City in Washington
5. Admission
6. Slippery __
7. Car
8. Chemical __ (Dermatology service)
9. Thanks, in Quebec City
10. Colouring book need
11. Jailbird
12. "The __ Couple"
13. Thumbs-up
21. HOW THIS IS WRITTEN: 2 wds.
22. Henrik __ (A Doll's House playwright)
25. Dino on "The Flintstones": 2 wds.
26. Songbook standard: "Goodnight, __"
27. Pepsis
29. __ the Hutt
30. Actress Ms. Larter's
32. D-Day beach
33. Monickers
34. Super pleased with oneself
35. Puccini opera, __ Butterfly
39. Put an __ (Halt): 2 wds.
44. Cite or make mention of: 2 wds.
46. Prophetesses of classical mythology
48. Clock kind
50. Writing tablet
51. "Saturday Night Live" alum Mike
52. Variety of salad dressing
53. Toronto-born rapper
55. Particular pasta
56. __ Lake, Nfld.
57. Jogger's once-around
58. Apples: __ Red
59. Li'l office

Yesterday's Crossword

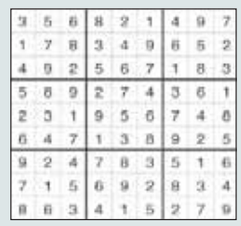


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



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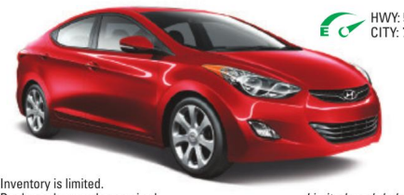

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Limited model shown

GET UP TO $5,250 IN PRICE ADJUSTMENTSΩ

SELLING PRICE: $23,935• SONATA SE AUTO. $5,250 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING• U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

STANDARD FEATURES INCLUDE:

SPORT-TUNED SUSPENSION • HEATED FRONT/REAR SEATS • 18" HYPER-SILVER ALLOY WHEELS • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • POWER SUNROOF

2013 SANTA FE SPORT 2.0T PREMIUM AWD

HWY: 8.4L/100 KM
CITY: 11.0L/100 KM▼

Inventory is limited.
Limited model shown

OWN IT FOR $168 BI-WEEKLY WITH 0.99%† FINANCING FOR 96 MONTHS
WITH $900 DOWN

SELLING PRICE: $34,395• SANTA FE SPORT 2.0T PREMIUM AWD AUTO. FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

AJAC www.ajac.ca Automobile Journalists Association of Canada

STANDARD FEATURES INCLUDE:

ALL-WHEEL DRIVE
- 264 HP 2.0L TURBOCHARGED ENGINE
- REAR PARK ASSIST

P.K. SUBBAN
Montreal Canadiens Defenceman and Hyundai Hockey Helper

HELP GET KIDS INTO THE GAME!

Last year Hyundai Hockey Helpers helped over 1,800 kids get in the game and is working hard to help even more this year. Visit your local Hyundai dealer in October to help get a kid into the game. Join us online and take the Hyundai 1,000 Puck Challenge to improve your game AND help kids in your community play hockey.

TAKE THE PLEDGE AT HYUNDAIHOCKEY.CA

HYUNDAI HOCKEY HELPERS

5 YEAR WARRANTY
5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 5 Door L 6-Speed Manual/Elantra L 6-Speed Manual/Santa Fe Sport 2.0T Premium AWD Auto with an annual finance rate of 0%/0%/0.99% for 96 months. Bi-weekly payments are $73/$79/$168. $0/$0/$900 down payment required. Cost of Borrowing is $0/$0/$1,358. Finance offers include Delivery and Destination of $1,550/$1,550/$1,760, fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra L 6-Speed Manual for $16,535 (includes $1,000 in price adjustments) at 0% per annum equals $79 bi-weekly for 96 months for a total obligation of $16,535. Cash price is $16,535. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,550, fees, levies, and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Delivery and Destination for Sonata SE is $1,650. ▼Fuel consumption for 2013 Accent 5 Door L 6-Speed Manual (HWY 5.3L/100KM; City 7.1L/100KM)/Elantra L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/Sonata SE Auto (HWY 5.6L/100KM; City 8.7L/100KM)/Santa Fe Sport 2.0T Premium AWD Auto (HWY 8.4L/100KM, City 11.0L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Accent 5 Door GLS 6-Speed Manual/Elantra Limited/ Sonata Limited/Santa Fe Sport 2.0T Limited AWD are $19,385/$24,985/$30,785/$40,395. Prices include Delivery and Destination charges of $1,550/$1,550/$1,650/$1,760, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $10,000/$200/$1,000/$5,250 available on 2013 Genesis 5.0L GDI R-Spec (on cash purchases only)/Accent 5 Door L 6-Speed Manual/Elantra L 6-Speed Manual/Sonata SE Auto (on cash purchases only). Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.